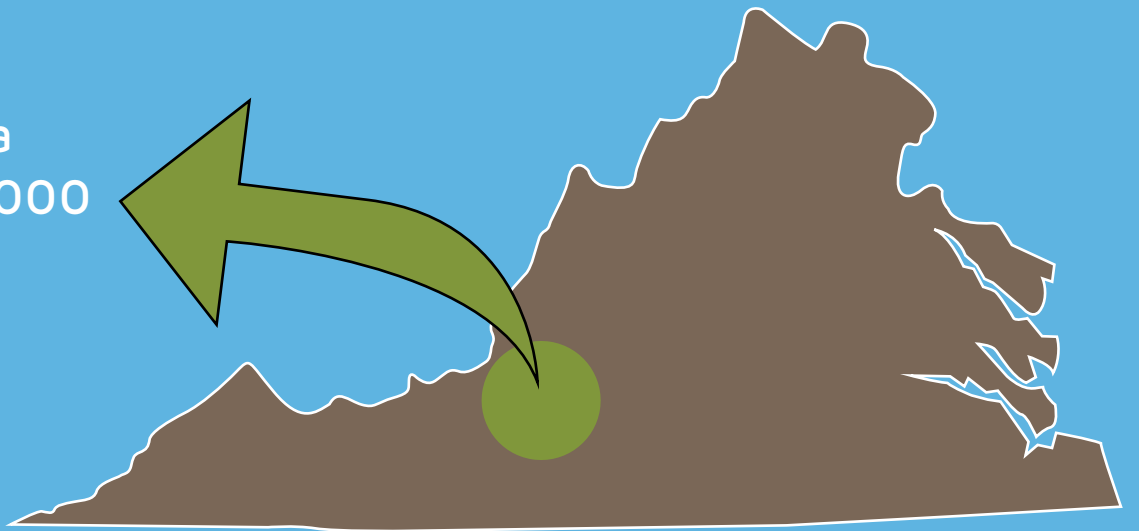


My teen is a student-athlete and already had COVID-19. Does he need the COVID-19 vaccine? We are worried about myocarditis.

While myocarditis is rare, it is also real. We can understand why some parents may be hesitant to get their teens vaccinated, but it is important when making these decisions to realize that the choice not to vaccinate is also a choice to risk COVID-19, so let's take a look.

Roanoke, Virginia  
Population: 100,000



## COVID-19 Disease

If all residents of Roanoke were 16- to 29-years old, and none of them got vaccinated, here is what we would expect:

### Males

960 would be expected to get COVID-19



30 would be hospitalized



6 would end up in the ICU



59 would be expected to experience myocarditis caused by COVID-19



### Females

1,280 would be expected to get COVID-19

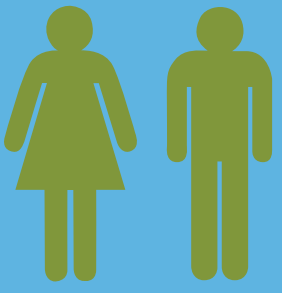
75 would be hospitalized

5 would end up in the ICU

39 would be expected to experience myocarditis caused by COVID-19

## COVID-19 Vaccination

If all residents of Roanoke were 16- to 29-years old, and all of them got vaccinated with the mRNA version of COVID-19 vaccine, here is what we would expect:



5 Males would experience myocarditis following vaccination.

1 Female would experience myocarditis following vaccination.

Myocarditis following vaccination is generally short-lived and self-resolving. On the other hand, myocarditis following natural infection (either from primary infection or MIS-C) can be more severe. So the effects of myocarditis following vaccination or infection aren't equivalent.

Three other considerations are important when deciding about COVID-19 vaccination of teens (or teen athletes):

1. Vaccination following infection improves protection.
2. We are still learning about the causes & effects of "long COVID"
3. If vaccines become mandated, unvaccinated athletes may lose participation time.

Thank you!

You're welcome!