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The Viewpoint of Pediatric Vaccination During the COVID-19 Pandemic

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Abstract

Although the severity of COVID-19 infection is lower in children and adolescents than in adults, children and adolescents are encouraged to receive vaccination to prevent hospitalization and complications, such as multisystemic inflammatory syndrome and post-COVID conditions, reduce the spread of COVID-19, prevent the emergence of other variants, and restore a normal life. COVID-19 mRNA vaccines are suggested to be safe for children and teenagers. Severe events, such as myocarditis and pericarditis, after pediatric COVID-19 mRNA vaccination are rare. Most patients fully recover after management. Strict public health nonpharmaceutical interventions and vaccination program disturbances may cause an immunity debt in children. Therefore, vaccine-preventable diseases may reemerge after the lifting of COVID-19 mitigation measures. Twindemic may occur in the next influenza season due to the coexistence of influenza and SARS-CoV-2 viruses. In addition to maintaining good hygiene, emphasizing and encouraging pediatric routine immunization, including COVID-19 and influenza vaccination, are the most favorable methods for overcoming immunity debt and preventing twindemic.

Keywords: children, adolescents, COVID-19, mRNA vaccine, vaccination

與新冠肺炎共存下的兒童及青少年疫苗觀點

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摘要

相對成人而言，兒童及青少年感染新冠肺炎(COVID-19)的症狀雖然比較輕微，感染後仍有可能出現重症如兒童多系統發炎症候群，或產生長期的併發症如急性感染後徵候群。兒童及青少年接種COVID-19疫苗可預防其住院或得到重症及併發症、減少COVID-19病毒變異與傳播及儘快回復正常生活。多數研究及持續的安全監測證實訊息核糖核酸疫苗（mRNA疫苗）對兒童及青少年具安全性，接種後產生心肌炎／心包膜炎的嚴重副作用極罕見，且大多數病人經醫療照護後皆痊癒。先前因有對抗COVID-19的高強度防疫措施及疫苗，大大減少了其他傳染病的案例，然而這也導致免疫負債的產生，可能會導致被壓抑的傳染病反撲。在與COVID-19共存的時代，防疫措施將大幅度的解除，若進入秋冬季節，流感病毒勢必開始活躍，有可能與新冠病毒造成雙重流行。因此，除鼓勵兒童及青少年維持良好衛生習慣，接種常規疫苗（包含COVID-19疫苗及流感疫苗）是減少免疫負債及雙重流行衝擊最佳的方法。

關鍵詞：兒童、青少年、新冠肺炎、訊息核糖核酸疫苗、疫苗接種