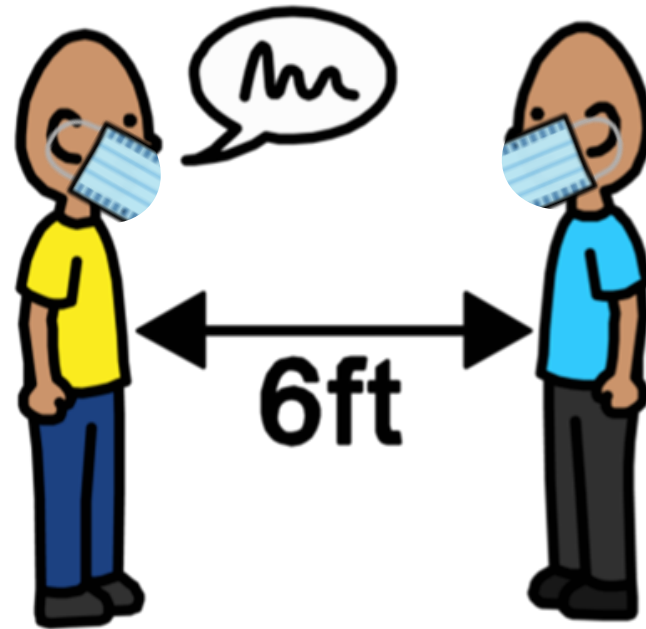
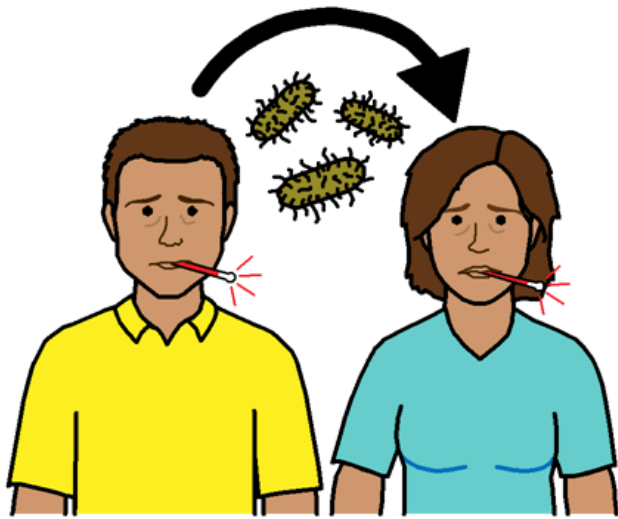


# What to Expect During My COVID Vaccine



Text by Elizabeth Sandblom of the Department of Developmental Services

Visuals Compiled by Shannon Sousa, MS, CCC-SLP of Community Autism Resources



COVID-19 is a virus that can make lots of people very sick. I wear a mask, stay away from people, and stay home rather than go out to protect myself.



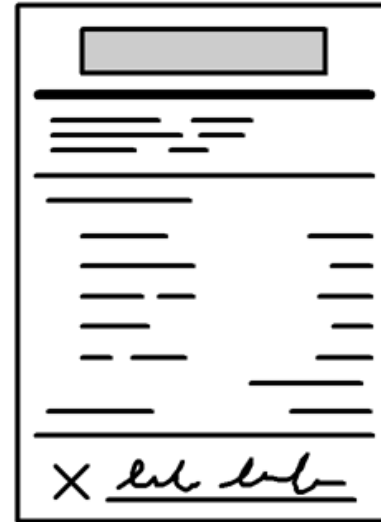
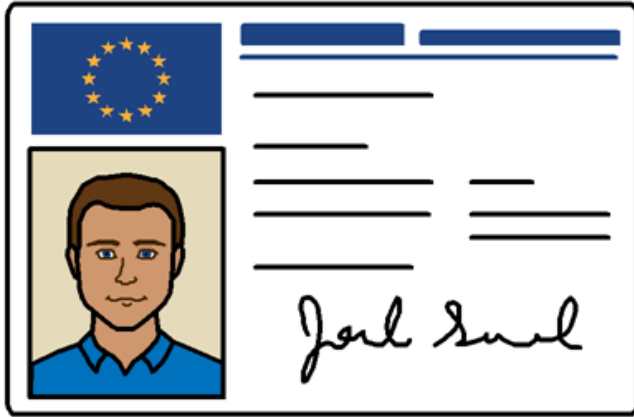
There is now a vaccine that can help protect us. This is a new vaccine. I will have to get two shots to protect myself from COVID-19. I may even need to get another vaccine in the future.



This vaccine is like other shots that I have been given in my arm.



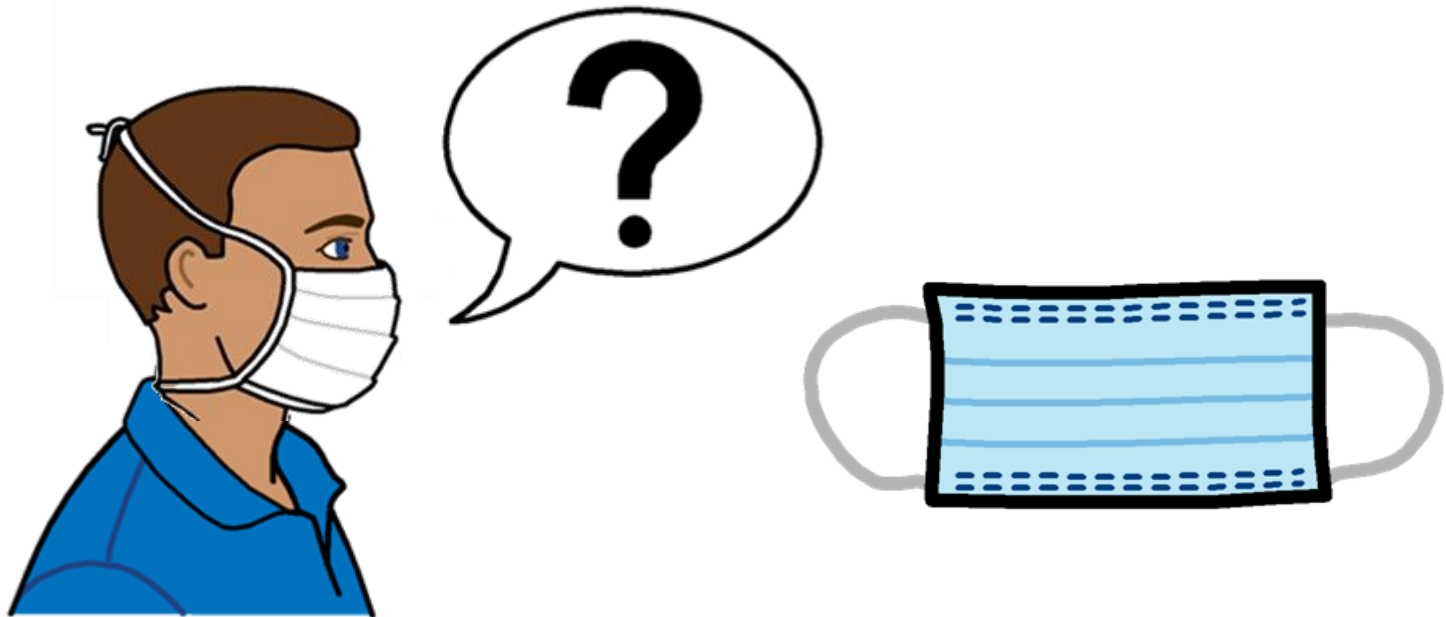
I can get the vaccine at many places. I can get the vaccine at my home, my agency's clinic, a pharmacy, the doctor's office, or a community vaccine location. My family, doctor, or staff can help me decide on the best location.



Before the appointment, I will have someone that supports me help me decide what I need to bring. I may need to bring an ID and consent form. I should also bring someone with me who knows my medical history.

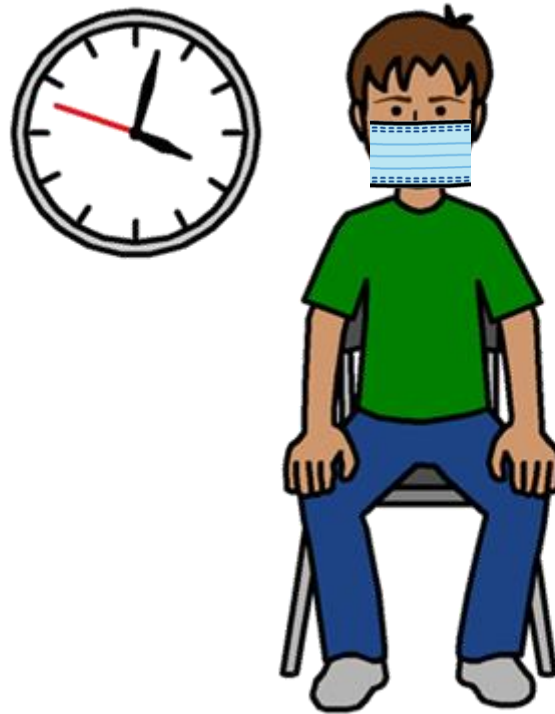


I should wear comfortable clothes with a short sleeve shirt under my jacket or sweatshirt.



When I walk into the appointment, I will turn in my paperwork. I will be asked some questions about my health and my medical history. I might be asked to put on a clean mask.

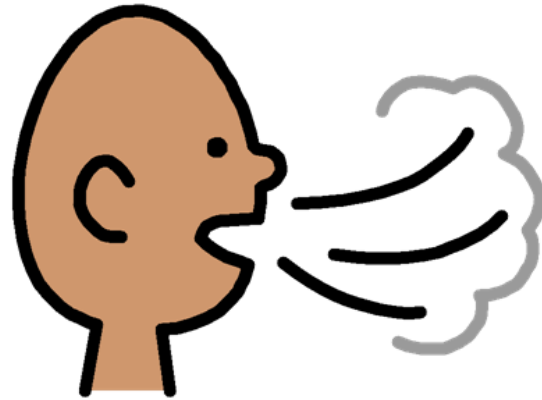




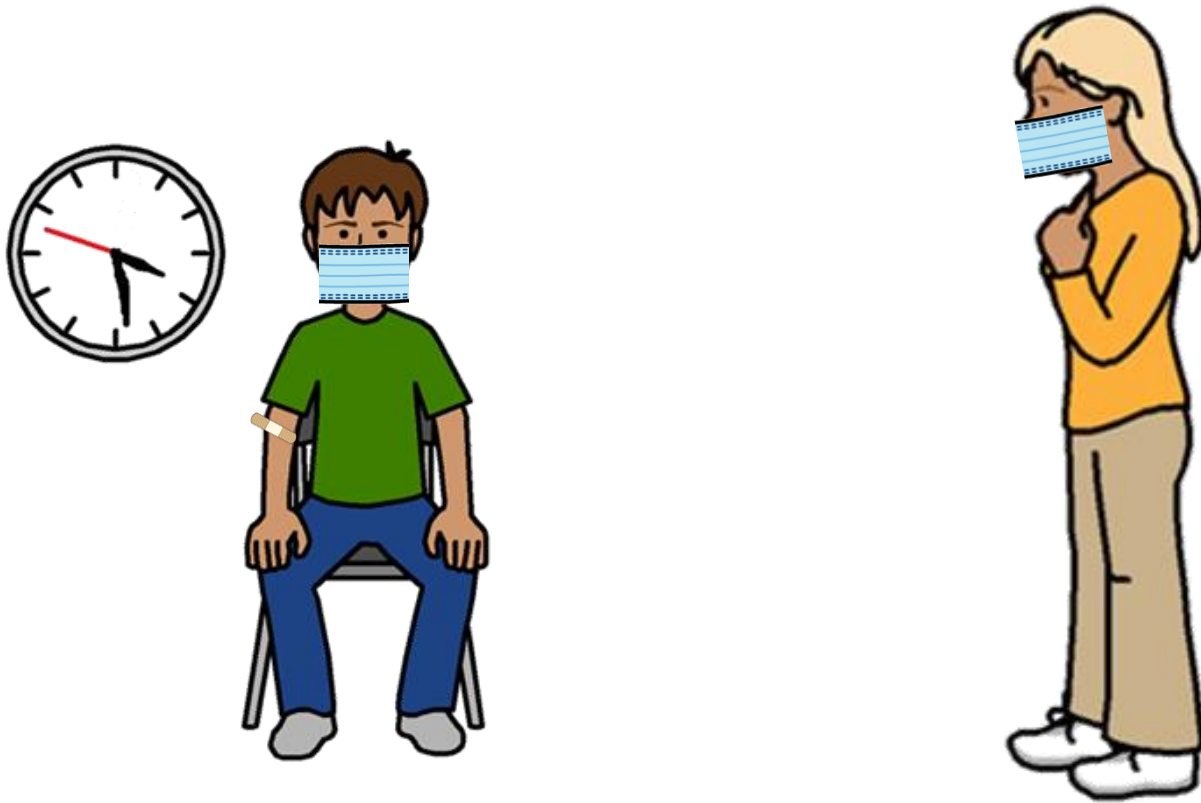
I will wait my turn. I will wait until my name is called.



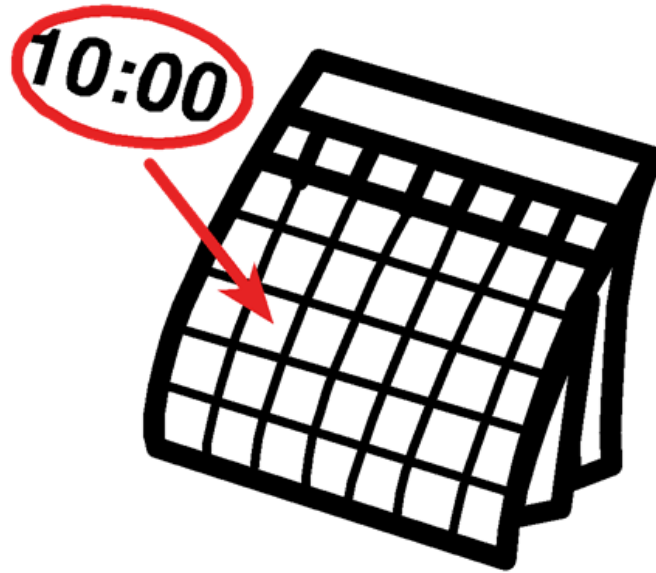
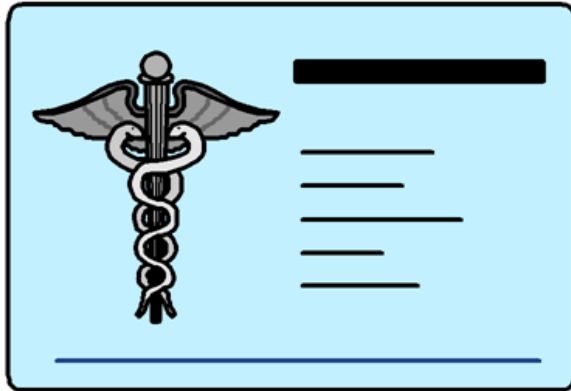
When it is my turn, I will sit in a chair and show the doctor my arm. I will take nice breaths and relax.



The doctor will give me a shot. I can talk to who brought me, look away, and continue to take breaths. I will get a bandage.



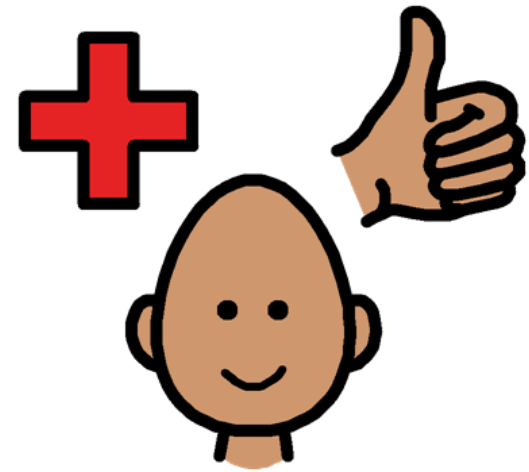
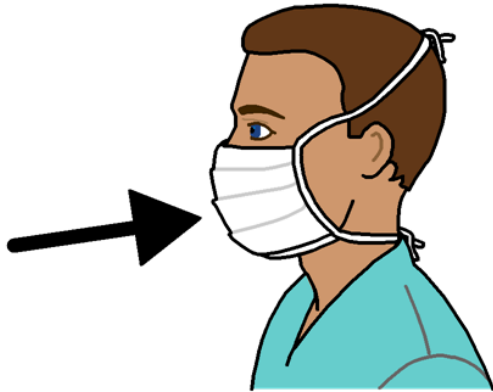
I will sit in another room for 15 to 30 minutes after I get my vaccine. I will sit in a room that is socially-distanced from other people. If I feel sick, I will tell who I brought with me.



I will get a card that tells me the date I got my first vaccine and the name of my vaccine. The card will tell me when I need to get my second vaccine. My family or support person will help me to make the appointment and keep track of the card.



Once I am home, I might feel a little sick. I will let my family or support staff know if I am not feeling well. They will remind me that when a vaccine is working, I might feel tired, uncomfortable, or even a little sick for a day or two. My arm might be sore. My family or support staff can help me decide if I need to call the doctor.



I will continue to wear my mask, socially distance from people, and make good healthy decisions. The vaccine will help me to fight COVID. I am doing a good job to keep myself and others healthy.