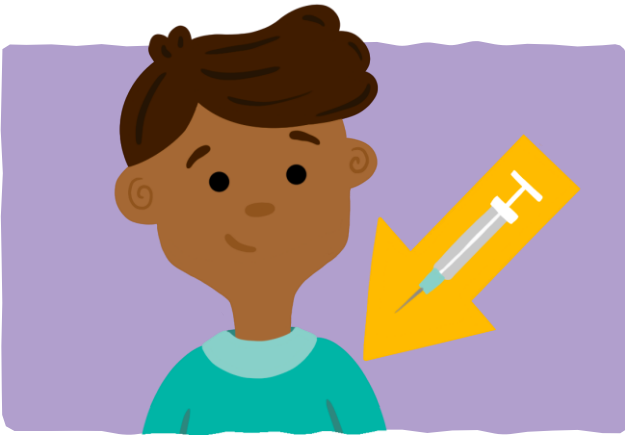


Receiving the COVID-19 vaccine

The COVID-19 vaccine is an injection that goes into my arm with a needle.



When it is my turn for the vaccine, I will be asked to enter the vaccination space, which may be a room, cubicle or specific area of the building.



I will be asked to remove or roll up any long sleeves so the vaccinator has access to my arm.



It's important to sit as still as possible so the injection can be given safely.

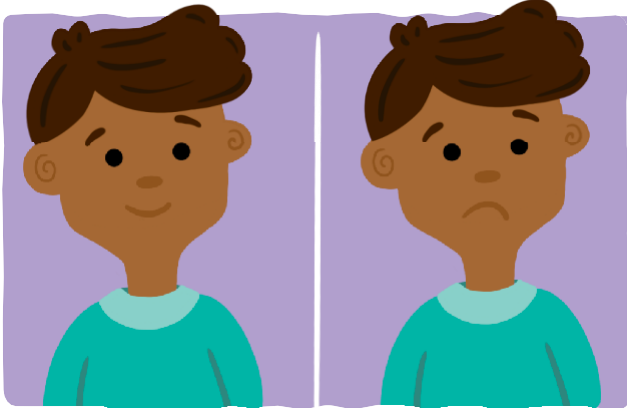


The person giving the injection is called the vaccinator. The vaccinator will start by wiping my skin clean. The wipe may feel cold on my skin.





The vaccinator will then give me the injection. I may feel a pinch when the needle goes in.



Some people find the injection painful and some do not.



The vaccinator will remove the needle and cover the injection site with a band-aid or tape and cotton.



I will leave the vaccination space, but need to wait for 15 minutes after the injection to make sure I am healthy and well. Usually people wait in the building or in their car outside.



The COVID-19 vaccine needs two doses to be effective. I will return for my second dose about 6 weeks after my first.

Many people feel afraid, worried or anxious when they are having vaccines. If I feel afraid, worried or anxious during my vaccine, I can:



Turn my head away from the vaccination.



Close my eyes.



Bring a device with music and headphones, and listen to the music through my headphones.



Squeeze something soft, such as a stress ball.



Hold my support person's hand.

If I feel sick or faint during my vaccine, I should tell the vaccinator. They will help me.