

Tips for Talking about COVID-19 Shots

1

Listen to learn, not to respond.

Listen to someone's concerns and questions without judgment. Restate what they say, ask for more details, and give them your full attention.

2

Ask open-ended questions.

These questions can help you better understand others' concerns. They might also help the other person work through their thoughts.

3

Ask to share information.

Ask if you can share what you know with them. If they agree, they will be more willing to listen to you.

4

Help them find their own reason.

Steer the conversation away from why they choose not to get a shot. Instead, help them discover why they might want it. Share your own story too!

5

Give them an easy next step.

If they want a shot, help them to get one. If they don't want a shot, tell them to wash their hands and stay home when they're sick to help keep others safe.

6

Be patient and follow up.

You might not change someone's mind with just one talk. Leave the door open. Follow up with them later.



If they still have questions, tell them to call to a trusted healthcare provider to see if the vaccine is right for them.

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Answering Tough COVID Questions



Do the COVID-19 vaccines still work?

Yes. The shots will help keep you and your loved ones out of the hospital if you do catch it. People who haven't gotten their shots are 30 times more likely to end up in the hospital from COVID-19 than people who've taken all their COVID-19 shots.



I already had COVID. I don't need the vaccine.

Your body did build up some defense against COVID-19 after you got sick the first time. Getting a COVID-19 shot though adds to this defense. You can best protect yourself and your loved ones by getting your COVID-19 shots.



People who've taken a COVID-19 booster shot still catch COVID-19. What good will a booster do?

You're right. People can catch COVID-19 even after they get a booster shot. But booster shots are still very useful where it matters most. They help prevent severe illness, the kind that fills up hospital beds and leads to death. Yes, we may catch COVID-19. But having had a booster shot means we won't get as sick when we do.



Do the vaccines protect me from long COVID?

Maybe. Recent data suggest that COVID-19 shots might help prevent long COVID and reduce its symptoms. People who get their shots are less likely to get long COVID. People who already have long COVID are less likely to report symptoms after they get a COVID-19 shot.



Can I get a COVID-19 vaccine if I'm pregnant?

Yes! The shots can defend a pregnant mother and help protect her baby too. A recent study shows how. 84% of babies who got very sick from COVID-19 were born to mothers who had not taken their COVID-19 shots.



Are the vaccines safe for children? What about myocarditis?

For the most part, yes. In very rare cases, inflammation might occur in and around a child's heart after they get the shot, but this usually goes away on its own. Kids are much more likely to get this kind of inflammation from the virus though than they are from the shot.