

# TIPS FOR TALKING TO OTHERS ABOUT YOUR COVID-19 VACCINE

Got your COVID-19 vaccine? Great! The more people vaccinated against COVID-19, the quicker we can return to normal life.

The vaccine has become a part our daily conversations. While it may feel odd when others ask if you're vaccinated, many people feel the need to identify vaccinated people around them for their own safety.



## TALKING TO YOUR FRIENDS

The best way to talk to your friends about your COVID-19 vaccine experience is simply to tell your own story. You can share:

- Why you got your vaccine
- What it means to you, including protecting family members and the community
- What your experience was like (Did it hurt? Did you have side effects?)

## BEING AN EXPERT ... NOT

Just because you are vaccinated, it does not mean you are an expert on COVID-19 or the vaccination – and you don't need to be! If people ask you (or want to debate with you) about vaccine details or the virus, you can tell them:

- "I'm not an expert, but here's where I got my information \_\_\_\_"
- "I can't answer all your questions, but if you visit [COVID19.ca.gov](https://COVID19.ca.gov), there's good information there."
- "I can only describe my experience, but if you want to know more, talk to your doctor."

## GUARDIAN PERMISSION

Those under age 18 in California need guardian permission to get the COVID-19 vaccine. Some guardians won't allow their children to get the COVID-19 vaccine due to a lack of trust in vaccines or worry about the COVID-19 vaccine specifically. You can tell a friend who is trying to convince their guardians:

- Provide resources that your own guardians used to make the decision to get you vaccinated.
- Suggest that they:
  - 1) listen to their guardians' concerns
  - 2) share their personal feelings on why they want the vaccine
  - 3) share factual information on the vaccine (check [cdc.gov](https://cdc.gov) or [COVID19.ca.gov](https://COVID19.ca.gov))
- Offer to have your guardians talk to their guardians
- Provide positive support - your friends may not be able to be vaccinated, so be sure you encourage them to wear masks and wash their hands regularly. It's hard to have disagreements with our guardians, and these can lead to stress and pain.

## RESOURCES

Here are some resources you or your friends can use:

- Your doctor
- [VaxTeen.org](https://VaxTeen.org)
- [CDC.gov](https://CDC.gov)
- [COVID19.ca.gov](https://COVID19.ca.gov)
- [myturn.ca.gov](https://myturn.ca.gov)

To schedule your vaccine, visit [MyTurn.ca.gov](https://MyTurn.ca.gov) or call (833) 422-4255