

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.

PROVIDER'S NUMBER:

Updated September 2023



Americares is a health-focused relief and development organization that responds to people affected by poverty or disaster with life-changing health programs, medicine, medical supplies and emergency aid.

Disclaimer: This project was funded in whole by a cooperative agreement with the Centers for Disease Control and Prevention grant number 5 NU50CK000588-03-00. The Centers for Disease Control and Prevention is an agency within the Department of Health and Human Services (HHS). The contents of this resource center do not necessarily represent the policy of CDC or HHS and should not be considered an endorsement by the Federal Government.

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 the virus. Newer versions of the vaccine offer the best protection from current variants.



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 shot still catch COVID-19. What good will an updated shot do?

You're right. People can catch COVID-19 even after they get an updated shot. But updated 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 an updated 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. In one study, 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.