



TALKING ABOUT COVID-19 VACCINES



You can play an important role in encouraging family members and friends to consider getting a COVID-19 vaccine. However, getting vaccinated is a personal choice and vaccines can be a difficult topic to discuss. Here are tips for engaging in conversations with family and friends:

Listen with empathy and avoid judgment

COVID-19 vaccines are new, and it's normal for people to have questions about them. The sheer amount of information—and misinformation—about COVID-19 vaccines can be overwhelming. You can help by listening without judgment.

Acknowledge their emotions so they know they have been heard. For example, you can say, "It sounds like you are stressed at home and work, and concerns about the vaccine are another source of stress. That's really tough."



Ask open-ended questions

Open-ended questions are meant to elicit more than a yes-or-no answer. Asking open-ended questions can help you understand what your friend or family member is worried about, where they learned any troubling information, and what they have done to get answers to their questions.



Help them find their "why"

Everyone who chooses to get vaccinated does it for a reason—to protect their health, to protect their family, to visit loved ones, to continue

activities like work, school, or travel. Each person's motivation is different.

After addressing concerns with empathy and facts, you can steer the conversation from "why not" to the reasons that matter to them—their "why."

Ask permission to share

Once you understand your friend or family member's questions or concern, ask if you can provide some information or share the information sources you trust. If they agree, they will be more willing to listen, instead of feeling like you are pushing unwanted information on them.

Help them overcome barriers to vaccination

Once someone decides on their "why," help make the path to vaccination as easy as possible. Offer to help them find and book a vaccination appointment. If needed, go with them to their appointment or offer to assist with transportation or childcare.

For information about local vaccination clinics, go to covidvaccinewa.org or kcowa.us/vaccine. If you need additional assistance, call **360-728-2219** or email covidvaccine@kitsappublichealth.org. For help in Spanish, call **360-728-2218**.

Information adapted from www.cdc.gov/coronavirus/2019-ncov/vaccines/talk-about-vaccines.html



Find reliable information about vaccines

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) | covidvaccinewa.org | kcowa.us/vaccine | 1-800-525-0127