

# Things to Know About the COVID-19 Vaccination

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*Brought to you in partnership between:*

The Hawaii Statewide Council on Developmental Disabilities

The Hawaii Department of Health Developmental Disabilities Division

The Special Parent Information Network

# The COVID-19 Vaccine is Safe

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- ✔ The safety of the COVID-19 vaccine is a top priority.
- ✔ COVID-19 vaccines were carefully tested in clinical trials before being approved to use.
- ✔ Trials have been done all around the world.
- ✔ COVID-19 vaccines will NOT give you COVID-19 because they do not use a live virus.
- ✔ COVID-19 vaccines will NOT cause you to test positive if you have a COVID-19 test.



# Who Should Get the COVID-19 Vaccine?

Everyone! Medical workers and other essential front-line workers will be the first to get the vaccine. Other priority groups include:

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Individuals who have a direct support worker in the home, or who takes them out into the community.



Individuals who live with others who are not related to them.



Direct support workers and family members who care for individuals.



Individuals who live in a licensed or certified care home.



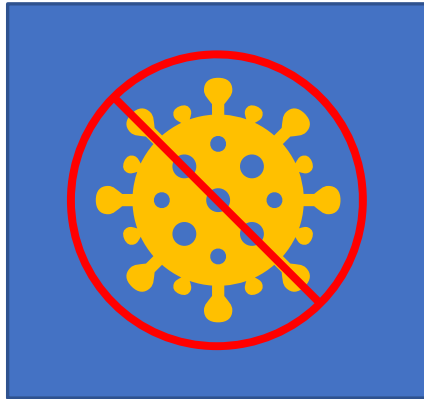
Individuals who have breathing problems, asthma, seizures and those who get sick easily (weakened immune systems).



Anyone who is over the age of 65.

# Why Should I Get the COVID-19 Shot?

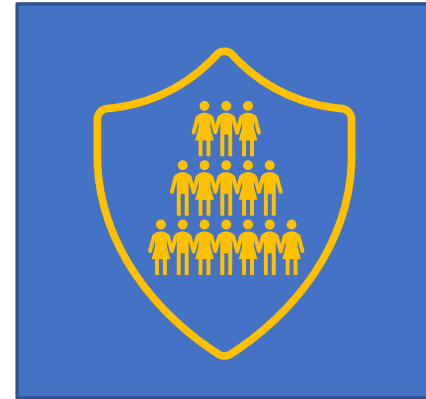
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A vaccine is important to stop the spread of COVID-19.



It is a safe way to protect yourself from getting COVID-19.



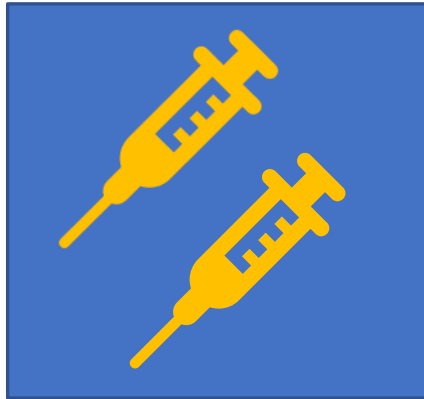
It will help protect others around you.



The vaccine will help us all get back to “normal” faster.

# Things to Know When You are Ready to Get the COVID-19 Vaccine

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You will need 2 doses (2 shots) of the vaccine to have the best protection.



After the shot, you must wait 15 minutes to be sure you don't have a reaction to the vaccine.



You will need a second shot (2<sup>nd</sup> dose) 3 weeks after your first one.



You can go to a medical clinic, pharmacy or a drive through vaccine station to get your vaccine.

# Are There Side Effects from Getting the COVID-19 Shot?

Yes. Your body may feel different after the shot. This is called having side effects. If the area around your shot looks different, tell a trusted adult right away or call your doctor.

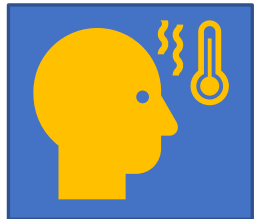
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You may have a runny nose or get a headache.



You might become tired for a few days. It's ok to stay home and rest.



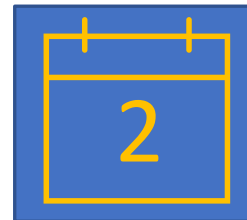
You may get a slight fever or chills.



The area where you got your shot might be itchy, try not to scratch it.



Your arm might be sore for a few days, in the area where you got your shot.



These side effects should go away in a few days.

# Keep Yourself and Others Safe

It may take a year before most people are vaccinated and it is safe to gather in large groups and not wear a mask all the time. Until then, be sure to stay safe when you are around others.

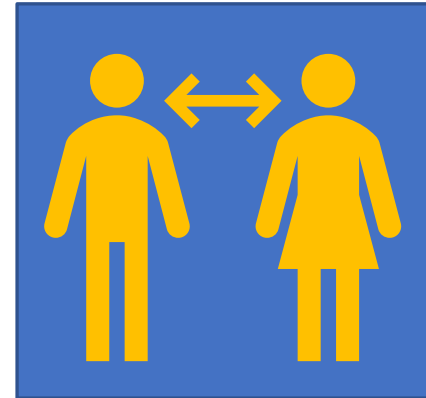
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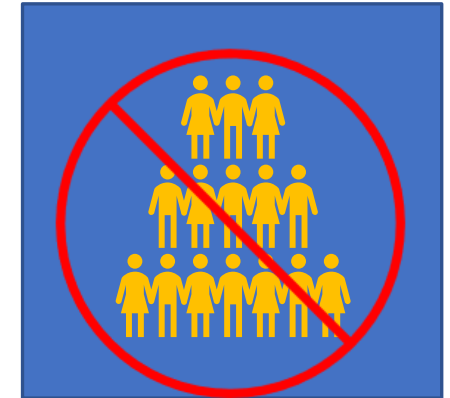
Wear a mask when you leave your home and are around other people.



Wash your hands or use hand sanitizer often, especially after you have been out in public.



Keep social distancing. Remember to stay 6-feet apart when you can and share aloha, not germs.



Do not gather in large groups yet. Parties, theaters and dinners together are still not safe until everyone is vaccinated.

# It Will Probably Take About a Year...

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- ✔ Before as many people as possible will be vaccinated against COVID-19.
- ✔ Before we will be able to return to large social gatherings.
- ✔ Before we can stop wearing masks when we leave our home and are out in public.
- ✔ Before we can travel safely.
- ✔ You should continue to wash your hands often.
- ✔ You should always wear a mask if you don't feel well, this will protect others from getting sick.





# Until Then, We're Here to Help!



- ✔ Attend Zoom meetings to connect with each other and learn new things.
- ✔ Attend a virtual party to play games, activities and have some fun.
- ✔ Join the Hawaii Self-Advocacy Advisory Council for virtual meetings and friendships.
- ✔ Attend a Special Olympics Zoom meeting for dance parties, exercise and virtual competitions.
- ✔ Call, email or Zoom with DD Council for COVID-19 updates, the latest health information and to stay informed with what is happening in our community.

We gathered information from the CDC for this presentation. To learn more, visit the websites below:

- ✔ Centers for Disease Control and Prevention  
[www.cdc.gov/vaccines/covid-19/health-systems-communication-toolkit.html](http://www.cdc.gov/vaccines/covid-19/health-systems-communication-toolkit.html)
- ✔ Hawaii Developmental Disabilities Division  
[www.health.hawaii.gov/ddd/](http://www.health.hawaii.gov/ddd/)
- ✔ Hawaii DD Council  
[www.hiddcouncil.org/](http://www.hiddcouncil.org/)
- ✔ Special Parent Information Network  
[www.spinhawaii.org](http://www.spinhawaii.org)