

5 STEPS to Ease COVID-19 Vaccine Hesitancy

From calming fears to giving the facts, you can help individuals feel confident, comfortable and ready to get the COVID-19 vaccine.

1. ASK

Ask why the individual is hesitant to get the vaccine.

2. ADDRESS

Address their questions and concerns with knowledge and understanding.

3. SHARE

Share facts about the vaccine, like how it works, possible side effects and why 2 doses matter.

4. ENCOURAGE

Encourage the individual to get the vaccine when they can.

5. GUIDE

Guide them to reliable places to learn more, like their primary care doctor, [cdc.gov](https://www.cdc.gov), [ncdhhs.gov](https://www.ncdhhs.gov) and [AtriumHealth.org/COVID19Vaccine](https://www.AtriumHealth.org/COVID19Vaccine).



HOW TO ANSWER QUESTIONS ABOUT THE COVID-19 VACCINE

The COVID-19 vaccine is new. People might have questions and be hesitant to get it. Here are examples of the most common questions, plus responses to keep others informed and feeling confident.

You can also guide them to reliable places to learn more, like [cdc.gov](https://www.cdc.gov), [ncdhhs.gov](https://www.ncdhhs.gov) and [AtriumHealth.org/COVID19Vaccine](https://www.AtriumHealth.org/COVID19Vaccine).

Should I get the COVID-19 vaccine?

The vaccine is recommended for almost everyone, unless you have a known allergy to its ingredients. Ask your primary care provider to go over your medical history and see if the vaccine is right for you.

How can I get ready for the COVID-19 vaccine?

Get a good night's rest, eat a balanced meal, and do what you do any other day! Don't take ibuprofen and acetaminophen before your vaccine, but you can take them after to treat soreness. Although it's OK to take other medications the day of your vaccine, talk to your doctor to be sure.

What side effects should I expect?

Like with many vaccines, you may have pain at the injection site, muscle aches, fatigue and in some cases fever. Vaccine side effects can be worse after the second dose, but they typically go away in 48 to 72 hours.

Do I need to isolate after I get the COVID-19 vaccine?

No. The vaccine doesn't contain the actual virus. You won't get COVID-19 from the vaccine, so you can't give it to someone else.

Do I still need to wear a mask?

Yes. The vaccine helps prevent you from getting really sick, but we're still learning about how the virus is spread. Keep wearing your mask and practicing physical distancing.

Why do you think it's safe?

I trust the COVID-19 vaccine for a few reasons:

- The steps were the same as they are for any vaccine.
- People and resources from all over worked together to make it safe.
- Hundreds of thousands of people have gotten it with no major side effects.
- It's shown to be more effective than existing vaccines for other viruses.