



TIPS FOR Conversations About COVID-19 Vaccination



Here's how you can build vaccine confidence and help friends and family members make an informed decision about getting vaccinated.

1. ASK OPEN, INSTEAD OF CLOSE-ENDED, QUESTIONS.

You'll have a more constructive conversation. For example, "How are you managing with pandemic restrictions?" "Tell me your concerns." "What would you like to know about my experience receiving the vaccine?"

2. LISTEN, REFLECT, AND CLARIFY.

Simply repeating what someone says is valuable—it makes them feel heard. Repeat what you heard them say, then follow up with "Tell me more about..."

3. INFORM AND ADVISE.

Share positive outcomes that could come from getting vaccinated, such as, "You won't have to be afraid that you'll transmit the disease to loved ones," and "The vaccines are incredibly effective at protecting you from the virus."

4. END THE CONVERSATION ON A POSITIVE NOTE.

Express empathy and trustworthiness by telling them you respect their decision. For example, "I'm glad we can talk about this," "I understand that you feel concerned," and "I appreciate your willingness to talk."

FOCUS ON:

The benefits of taking it

Getting the vaccine will keep you safe

Your family and loved ones

Words like scientific research

Medical experts

An open and thorough process

Words that express empathy like concerned/understand

INSTEAD OF:

The consequences of not taking it

Getting the vaccine is the right thing to do

Numbers and statistics

Words like discovered/invented/newly created

Drug companies

The speed at which the vaccines were made

Words that express shame like confused/misled

HOW CAN I RESPOND TO...



"I'M NOT GETTING THE VACCINE."

- "Getting vaccinated will help keep you and your loved ones healthy and safe."
- "Throughout history, vaccines have prevented so many illnesses and deaths."
- "Think about what you'll be able to do once you are vaccinated."

"IT'S NOT SAFE."

- "The vaccines went through the same rigorous testing as all vaccines, as required by the FDA (Food and Drug Administration). When it comes to safety, no shortcuts were taken."
- "The FDA and CDC (Centers for Disease Control & Prevention) continue to monitor safety for every vaccine."
- "You cannot develop COVID-19 from the vaccines, since they don't contain live virus."

"I'M AFRAID OF A REACTION OR SIDE EFFECTS."

- "Mild side effects—such as body aches, chills and fatigue—are normal signs the body is building protection. They show the vaccine is working."
- "Side effects should go away in one to three days."
- "Severe reactions to the vaccine are extremely rare."

If you have more questions about talking to loved ones about vaccination, email wellnesscoach@hfhs.org.

Even after you have been vaccinated, it is important to continue wearing masks, avoiding gatherings, washing your hands and social distancing to avoid spreading the virus.

Source: The de Beaumont Foundation