How to Get the COVID Vaccine

A Social Story

CARD

Center for Autism and Related Disabilities

Florida's First Choice for Autism Support

There is now a vaccine for COVID-19! Many nurses, doctors, and people over the age of 65 have already gotten the shot.

The vaccine has 2 different shots.
I will have to sign up for both shots at different times.

On the day of my shot, I need to wear a shirt that will make it easy for me to get the shot. Since the shot will go into my upper arm, near my shoulder, a loose fitting t-shirt or a sleeveless shirt are good to wear. If it is cold outside, I can wear a sweater over my shirt that I can take off when it is time for my shot.

When I arrive, someone will check me in. I need to wear a mask and they will ask me to use hand sanitizer. If I have a parent or caregiver with me, I will stay with them; they will help me. I will be asked to stay away from everyone else until it is time for me to get my shot.

I will also have to fill out a form saying I understand there could be side effects. Common side effects are headache, fever, and lack of feeling in the arm. Not everyone will have side effects.

All people giving the shot will be wearing masks, and some may wear a face shield too. This is so they protect themselves, just like I will do.

Then I will sit down with a nurse. They will clean my arm where the shot will be given. Then they will put the shot in my arm, just like any other shot I have gotten before. I will need to stay still to receive the shot. The shot will take less than 20 seconds to be done. Some people count to 20 to know when it will be finished. After my shot is finished, the nurse will put a band-aid over it.

I will be given a card with information about what vaccine I got and when I got it. It will also tell me when I need to come back. This card is important to keep, I will need it for my second shot.

After the shot, I will be asked to wait in a room for 12-30 minutes before I can go. This is to make sure I feel well after the shot. Most people will feel just fine.

After the time has passed, I will be allowed to leave. It is important that I rest and drink water to make sure I stay healthy!

After 3-4 weeks it will be time for my second shot. The process is the same: I will have to sign up, go to the vaccination center, and get the shot. I must bring my card back.
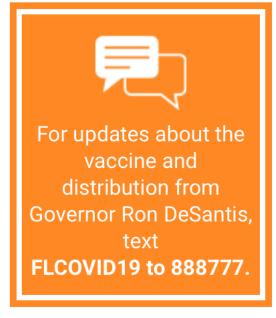
2 weeks after the second shot, I will have built up protection against COVID-19. It is important to still wear a mask, wash my hands, and socially distance to keep everyone safe and healthy.

Some things to remember:

- It is normal on the first day to have some side effects after the shot, like a headache, soreness in my body, and a sore arm where I got my shot. This will go away after 1 to 3 days. If I am in a lot of pain and not just sore, I should call my doctor. If I have trouble breathing, I need to call 911. Most people will only have mild side effects and won't need to call their doctor.

- I must be over 16 years old to get the vaccine

- Florida has a COVID-19 Call center. I can call them at any time with this number: (866) 779-6121. They can answer any questions I have about the vaccine.

For updates about the vaccine and distribution from Governor Ron DeSantis, text **FLCOVID19 to 888777.**

I can also call my local CARD center if I have more questions. If I am not sure how to call my local CARD center, I can call 1-800-9Autism.

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Center for Autism and
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1-800-9-Autism

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