

COVID-19 Vaccines: Learn the Facts to Stay Safe and Protect Others

Leader Guide

Sample Script

Updated: 4/25/22

The purpose of this Sample Script is to provide the facilitator guidance during a COVID-19 Vaccine Workshop. It is meant to be used by the facilitator while the participants have copies of the COVID-19 Vaccine Workbook in front of them.

Words in black ink are the same as the words in the Workbook.

Words in blue ink have been added for the facilitator to say verbally during the discussion.

[Words in italics should not be said out loud.]

If you are printing this Sample Script, it is recommended for you to print front and back, so your Sample Script is in the same layout as the Workbook. Images from the Workbook are not included in this Sample Script.

Before presenting a COVID-19 Vaccine Workshop, please make sure to review and/or print the “Learn the Risk of Getting Sick with COVID-19” handout. This handout was created to keep critical data in the Workbook up-to-date. **YOU MUST USE THIS HANDOUT.**

Introduction

Hi, my name is _____. Welcome to the COVID-19 vaccine workshop. I'm so glad you were able to make time to be part of this meeting. We will probably spend about an hour together. My goal today is to share some information about the COVID-19 vaccine that is relevant to you and your loved ones. I will be sharing facts that are approved by healthcare experts in hopes that you will leave our meeting today with enough information to make an **informed decision** about getting the COVID-19 vaccine. Many people have already made a decision whether or not to get vaccinated. My hope is that you keep an open mind and know that I am here sharing information that you can trust.

There are a few other things I need to tell you before we get started.

- First, I am a **volunteer facilitator** for this group. I am not a health professional, so I will not have all the answers to your questions. Anything that I cannot answer, please be sure to ask your doctor or other health care provider. Write those questions down as we go, so you won't forget. Within this workbook, there is a page for notes at the beginning, and a page for questions near the end, on page 15.
- Next, you may not agree with what others choose to do with the information shared today. Whether you choose to get the COVID-19 vaccine or not, please remember to be **respectful** of what others say and the choices other people make about their health.
- Let's talk about privacy. Some of you may share some personal things today. It is very important that we all agree to **not repeat** anyone else's personal information they may share.
- Before we dig in, if you have your Community Booklet, go ahead and put it out in front of you. Get a pen or pencil, too. You'll want to write some things down as we talk.

[For virtual workshops, remind them one more time where to download the materials.]

Let's get started. Please open your workbook to page 1.

Page 1: Introduction

This booklet will help you learn more about the COVID-19 vaccines. The vaccines can protect you and those you care about from COVID-19.

Notice that this booklet was written with input from:

- Members of the community
- Public health experts
- Doctors and
- Pharmacists

If you are getting this booklet at a community learning session, please remember:

- I am a volunteer who is not a health expert. If you have questions that I cannot answer, talk with your doctor or pharmacist. With their help, you can make the best decisions for your health.
- Also notice that this book is interactive. During this session, follow my guidance. You will see this symbol in the booklet when it is time for you to write something down:



- Of note, please recognize that scientists are still studying ways to prevent and treat COVID-19. Check in with your doctor, pharmacist, or local health department often to learn the latest facts, updates, or changes to recommendations.

Please turn to page 2 in your workbook.

Page 2: About COVID-19

What is COVID-19?

First, let's go over a few basics about the COVID virus. You may have heard of COVID-19 referred to as a "coronavirus" or as SARS-CoV-2. COVID-19 is an illness caused by a coronavirus.

- There are many types of coronaviruses. They are called "coronaviruses" because it looks like they have a crown. The term "corona" means crown. If you look at the image on the top right of the page, this shows what a coronavirus looks like. Some coronaviruses cause a mild cold, while others, like COVID-19, can cause severe symptoms and even death.
- The COVID-19 virus is also referred to by scientists as SARS-CoV-2. It stands for:

SARS	CoV	2
Severe (very bad) Acute (sudden) Respiratory (lung) Syndrome (health problem)	Corona Virus	The 2 nd of its kind

Over time, the COVID-19 virus has changed. New types of the virus, called "variants", have started to spread. Examples of variants are Delta and Omicron.

How do I get COVID-19?

COVID-19 is spread when someone who has the virus breathes, coughs, or sneezes.

After that:

- Droplets can get in mouth, eyes, or nose of another person.
- Droplets can land on surfaces you may touch. If you touch a surface that has COVID-19 on it, then touch your eyes, mouth, or nose, you can get it.

It is also extremely important to recognize that people who have COVID-19 may not know they have it. They can spread it without knowing. If you have COVID-19 and no symptoms, you can still spread it.

Who is at risk for getting COVID-19?

Everyone is at risk for getting COVID-19. This is because the virus passes easily from person to person. Even if you have had the virus before, you can get it again. You can also get it if you've been vaccinated, but your chances of having severe symptoms from COVID are much less likely if you've been vaccinated. We'll talk more about this later in this discussion.

You may be more likely to get COVID-19 if:

- You are within 6 feet of others.
- You do not wear a mask in public.
- You do not wash your hands often.

Page 3: About COVID-19

How serious is COVID-19?

There is no way of knowing how COVID-19 will affect you. If you get COVID-19, you could have no symptoms at all. Or, you could have mild symptoms such as those you have with a cold. But the virus can also cause **major damage** to your lungs. It could also cause **serious health problems**, such as heart failure, kidney failure, blood clots, or stroke. If you have severe symptoms, you may need to stay in the hospital or need live-saving measures. You could even **die** from COVID-19.

You do not know how COVID-19 will affect you, or your loved ones.

Even if you get a mild case of COVID at first, we do not know how it could affect you later. **You could have long-lasting side effects from the COVID-19.** We are still learning what [some of these long-term issues](#) may be, but some include:

- Tiredness that does not go away
- Trouble thinking clearly, which may make it hard to work
- Shortness of breath
- Hair loss

[You may hear of these long-lasting symptoms being referred to as “long-COVID”.](#)

[Like we talked about earlier, over time, the COVID-19 virus has changed.](#) The virus will likely continue to change and cause new variants. **New variants may spread more easily and quickly and cause more severe symptoms.**

Page 4: About COVID-19

Who is more risk of getting more severe COVID-19?

As we discussed, we don't know how COVID will affect any one person. However, we do know that some groups of people have more risk of getting **severe** COVID-19. We are still learning about this, but we do know that anyone in the groups listed on this page are at higher risk for getting more severely ill if they get sick with COVID-19. When we get to the information that has been left blank, I will read the most up-to-date information from the "Learn the Risk of Getting Sick with COVID-19" handout for you to fill in the blanks.

As we go through these, put a check mark next to any of these that apply to you.

- People who have certain health problems. These include people with:

<ul style="list-style-type: none">• Cancer• Diabetes (either type 1 or type 2)• Down syndrome• Heart problems• High blood pressure	<ul style="list-style-type: none">• Kidney or liver problems• Lung problems (like asthma or COPD)• Obesity (very overweight)• Sickle cell disease• Weak immune system
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- Pregnant women
- People who smoke (or used to smoke)

***** Please use the Learn the Risk of Getting Sick with COVID-19 Handout for current information *****

- Adults 65 years and older
 - Only 17 in 100 people in the United States are adults 65 and older.
 - But, adults 65 years and older account for _____ in _____ **deaths** from COVID-19.
- African Americans
 - Almost _____ African Americans die from COVID-19 for every _____ White person.
- Hispanic people
 - About _____ Hispanic people die from COVID-19 for every _____ White person.
- American Indians and Alaskan Natives
 - Almost _____ American Indians and Alaskan Natives die from COVID-19 for every _____ White person.

Page 5: About COVID-19

How else could COVID-19 impact my life and the lives of my loved ones?

If you get COVID-19, you could give it to others. Even if you don't get very sick, you could still give it to someone who **could get very sick** and may suffer more. In fact, you can give COVID-19 to others even if you don't have any symptoms at all.

Let's take a minute to think about the people you want to protect from COVID-19. In the booklet, write down the names of people you care about. Think about your family. Think about the people you work with or socialize with. We'll take about a minute for you to think about those people and write their names in the workbook. When you have finished writing the names down, please look up so I can see when you are finished.

[PAUSE.]

Okay, so now that we've thought about the other people we want to protect, let's discuss some other ways that COVID-19 can impact your life and the people you care about.

You and others could have to miss work and lose pay. Even if you aren't sick with COVID-19, if you or other people you live with have been in contact with someone who has COVID-19, you may not be allowed to work. Your children may not be able to attend school or daycare, which may also affect your ability to work.

Another big issue with the spread of COVID-19 is that it may be hard to get health care. You, or others you care about, may not be able to get the health care you need if the healthcare system is overwhelmed by taking care of patients with COVID-19. A simple doctor's visit may take more time than usual. You may have to get rescheduled for surgeries. **Another thing to consider is emergency care.** If you have a healthcare emergency, like a heart attack, stroke, or even vehicle accident, it may take longer to get the emergency care you need. **Time is critical during these healthcare emergencies and can be the difference between life and death.**

These are all real issues with COVID-19 that I'm sure most of us have experienced since the start of the pandemic.

So... what can we do about it? We've been staying home when we can and keeping our distance from others. We've been washing our hands and wearing our masks. These things have helped stop the spread of this virus, but we have to do more. We have to do more to help ourselves, the people we care about, and our communities. The COVID-19 vaccine is the **number one** way we can **do more** at this time. **The COVID-19 vaccine is the best way to protect yourself and others from the COVID-19 virus.**

Please turn to page 6 in your workbook.

Page 6: COVID-19 Vaccines Can Protect You from COVID-19

Before we begin to discuss the vaccines in more detail, I'd like to pause for a moment and note that you may have questions as I go through this information with you. Please write down your questions and I will try to answer as many as I can once we finish going through the information. Some of your questions may be answered later on in this workbook. There is a lot of information out there about this vaccine and it's not all true. **The main points the researchers and the public health officials want you to know are that the vaccines are safe and they work.**

How do COVID-19 vaccines help protect me from the virus?

You may be wondering *how* the vaccines work, so let's start there and review some science. Your immune system is the part of your body that helps fight off illness. If your immune system is doing its job, and a threat of some kind, like a virus, enters your body, your immune system kicks in. It starts to try to kill that virus or stop it from making copies of itself inside of you and making you sick. For each new threat, your immune system has to teach itself how to fight back. A COVID-19 vaccine will teach your immune system what the COVID-19 virus looks like. This allows your immune system to build a defense against it so you can fight the virus if you come in contact with it.

Other vaccines, not just COVID vaccines, all work to achieve this same goal for a specific disease.

How do we know the vaccines help protect people from COVID-19?

Have you thought to yourself, "How do researchers know if this **new** vaccine will protect us from **COVID-19**?" There have been some large clinical trials to test the vaccines. Initial clinical trials show the vaccines work to protect people from getting COVID-19. In one of the first trials, about 43,000 people joined. About half got the vaccine and about half got the placebo. A placebo is a shot with no vaccine in it. **The people who got the real vaccine were much less likely to get COVID-19.**

Let's look at the image in your workbook to review the study data.

- About 20,000 people got the real vaccine and about 20,000 people got the placebo.
 - Out of those 20,000 people who got the real vaccine, **only 8 people** got COVID-19.
 - Out of the 20,000 people who got the placebo, **162 people** got sick with COVID.

This tells us that it works. The vaccine **can** protect you from COVID-19.

Researchers continue to study the vaccine and how well they protect us from new variants. These studies **continue to show that the vaccines are safe and they work.**

Page 7: COVID-19 Vaccines Can Protect You from COVID-19

Do the vaccines cause COVID-19?

No. The vaccines do not cause COVID-19. The vaccines do not have the COVID-19 virus in them, so they cannot give you COVID.

Can I still get COVID-19 if I get a vaccine?

Yes. **However**, if you get the vaccine and **stay up-to-date on recommended** doses, you are much less likely to have severe symptoms that cause a hospital stay or death **if you do get COVID**.

Please fill in the blank spaces below with the information I will read to you from the “Learn the Risks of getting sick with COVID-19” handout.

***** Please use the Learn the Risk of Getting Sick with COVID-19 Handout for current information*****

Currently:

- For every _____ who **stayed in the hospital** for COVID-19, _____ unvaccinated people **stayed in the hospital** for COVID-19.
- For every _____ who **died** from COVID-19, _____ unvaccinated people **died** from COVID-19.

Is it better to get a COVID-19 vaccine or to get natural immunity from getting sick with COVID-19?

It is much safer to get the COVID-19 vaccine **to get protected from COVID-19**. If you **do** get sick with COVID-19, **your body will develop some natural immunity to the virus**. Natural immunity is the protection you get from a disease when you actually get sick **from that disease**. Doctors do not know how long natural immunity will last or how long it protects you. It can be different for each person.

If you get sick with COVID-19, you have some risks. If you get COVID-19, instead of the vaccine:

- You may have **more** severe symptoms.
- You may have **more** long-term health problems, even after you get better.
- You may have to go stay in the hospital to treat COVID-19.
- You could even die.

Are there risks to getting a COVID-19 vaccine?

Like other medicines, there are some risks if you get a COVID-19 vaccine. However, **long-term or severe effects are rare** for any vaccine. That includes the COVID-19 vaccine. **The benefits of COVID-19 vaccines far outweigh the risks, which is why the vaccine is so highly recommended.**

You are more likely to have long-lasting effects from getting COVID-19 than from a COVID-19 vaccine.

Please turn to page 8 in your workbook.

Page 8: How COVID-19 Vaccines were Developed and Authorized for Use

I know a lot of people have questions about the process researchers used to make COVID-19 vaccines. On these next few pages, we are going to review the vaccine authorization and approval processes in detail.

We know these vaccines were developed and authorized a lot faster than others in the past. It may seem like it was rushed, but a key takeaway today is that no steps were skipped in the development and authorization of COVID-19 vaccines. They were thoroughly tested to make sure they worked and they were safe.

Let's start by discussing the people who make decisions about vaccines before they are given to the public.

Who approves vaccines before they are given to the public?

We will talk about these groups and the role each of them play in vaccine development on the next page.

These federal agencies and groups of experts review data and approve new vaccines:

- The U.S. Food and Drug Administration (FDA) protects the public health by making sure that medical products are safe to use.
- The Centers for Disease Control and Prevention (CDC) is the national public health agency for the U.S. They make the official recommendations to improve public health.
- The Advisory Committee on Immunization Practices (ACIP) is a group of doctors and public health experts. They recommend to the CDC how to use vaccines to control disease in the United States. The Director of the CDC makes the final decision [on recommendations](#).

How are vaccines normally developed and how was the process different for COVID-19 vaccines?

Before a vaccine is ever given to people, [especially the general public](#), it goes through a lot of testing to make sure it works and is safe. For COVID-19 vaccines, the usual steps were followed. **No steps were skipped.**

Please remember that COVID-19 is a global public health emergency. It is unlike anything we have seen in our lifetimes. As we discussed, it is spread easily from person to person. It is causing major problems for everyone beyond just health. So, the federal government made the vaccine a priority.

On the next page, [we'll discuss](#) how the process was sped up for COVID-19 vaccines, but still focused on safety.

Let's start by getting familiar with the format of this table. On the left, you'll see the steps for vaccine development. In the middle, you'll see how vaccines are normally developed and authorized for use. Then on the far right, you'll see how the process for COVID-19 vaccines was different. We'll start at the top, going from left to right, then working our way down to the bottom.

Page 9: How COVID-19 Vaccines were Developed and Authorized for Use

[FACILITATORS: Start with the first “step” (on the left), then discuss how vaccines are normally developed (middle), then discuss how the process was different for COVID vaccines. Then move down to the next step.]

Steps	How are vaccines normally developed and authorized for use?	How is the process for COVID-19 vaccines different ?
The first step is an Idea for a vaccine and lab testing	<p>Researchers get an idea for a vaccine to prevent or treat a disease. To see if it will work, they must do lots of tests. This costs a lot of money. Normally, To get the money for testing, they apply for grants. This can take a long time.</p>	<p>Because of the public health emergency, our government and private organizations gave billions of dollars. This let researchers do testing without waiting for grants.</p> <p>And, some testing had already happened. Researchers started working on this type of vaccine almost 20 years ago. Funding and previous research helped speed up this stage of the vaccine development for COVID.</p>
Next, vaccines go into Clinical trials	<p>Researchers use clinical trials to make sure vaccines work and are safe. There are 3 phases.</p> <ul style="list-style-type: none"> ▪ Phase 1: Tests safety on a few people. ▪ Phase 2: Tests safety on a group of people. ▪ Phase 3: Tests safety on a larger group of people, including special populations such as minority groups. 	<p>The government funding helped researchers do some of the phases at the same time, or back-to-back. They did not skip steps. As usual, tens of thousands of people participated in these trials.</p>
Then, Review of safety data, manufacturing process, and authorization for use	<p>The FDA reviews:</p> <ul style="list-style-type: none"> ▪ All the data from the clinical trials ▪ Details about how and where the vaccine is made <p>This helps them decide if the vaccine works and if it is safe. If the FDA finds that the vaccine does work and is safe, they will authorize it.</p> <p>But before the public can get it, the ACIP reviews the data. The CDC makes the final approval. Please make note that with COVID vaccines, doctors and pharmacies can't give vaccines until the CDC makes the approval.</p>	<p>The FDA made sure there were people working to review safety information from the clinical trials. Their workers covered shifts 24 hours per day, 7 days a week. After the FDA reviewed the safety data, they approved an Emergency Use Authorization (EUA). An EUA allows the FDA to make certain medical products available for public health emergencies (like pandemics).</p> <p>We'll talk about an EUA versus full-FDA approval in a few pages.</p>
Manufacturing and delivery	<p>After the FDA approves the vaccine, the drug companies start making it. It gets ordered and delivered to places who will give vaccines. Note here that the word “approves” is used for normal vaccine development.</p>	<p>Extra funding allowed drug companies to produce millions of doses during the clinical trials. This made vaccines available as soon as the FDA authorized them. For COVID vaccines, the FDA “authorized” them for use.</p>
Safety monitoring	<p>The CDC collects information about adverse events for all vaccines after they are available to the public through Vaccine Adverse Event Reporting System (VAERS). Anyone can report to this system even if it they are not sure if the vaccine caused the possible side effect. Vaccine safety experts decide which reports may be related to the vaccine. Many are not. Researchers and doctors also continue to study the vaccine.</p>	<p>To track side effects of the COVID-19 vaccine, the CDC created v-safe. V-safe provides private health check-ins. This allows the CDC to monitor safety in real time. Also, the CDC requires those who give the vaccine to report any known adverse events to VAERS.</p> <p>It is important to be aware that anything reported to VAERS can be seen by the public. Just because something is reported to VAERS as potentially being related to a vaccine does not mean it actually was caused by a vaccine.</p>

Please turn to page 10 in your booklet.

Page 10: How COVID-19 Vaccines were Developed and Authorized for Use

Now that we've discussed how the vaccine approval process works, let's talk about who was included in the clinical trials for COVID-19 vaccines.

Who has been involved in COVID-19 vaccine clinical trials?

Many different people were involved in clinical trials. This includes:

- People of color
 - Nearly 1 in 10 in the trial for the first authorized vaccine were African American
 - For the initial clinical trial for Pfizer, which was the first authorized vaccine, in the United States:
 - 6% of participants were Asian
 - 10% of participants were African American
 - 13% of participants were Hispanic/Latinx
 - 1% of participants were Native American
 - About 30% of the U.S. participants have diverse backgrounds
- People of all ages
 - At first, the studies only included healthy people ages 16 and older.
 - Once the vaccines were proven safe for younger ages, they started doing tests on younger age groups.
- Pregnant women
 - Like with younger people, testing in patients who were pregnant started after the vaccine was expected to be safe for this population.

Page 11: How COVID-19 Vaccines were Developed and Authorized for Use

Are COVID-19 vaccines fully approved by the FDA?

Some of the drug companies, that originally had an Emergency Use Authorization (EUA), have asked for and received full approval from the FDA for their vaccine.

How did the FDA decide to approve these vaccines?

The FDA reviewed the data again after some time had passed and more people had gotten the vaccine. Their full approval signals that this data shows the same level of safety as it did with the EUA.

What are the ingredients in the COVID-19 vaccines?

Most of the ingredients in COVID-19 vaccines are also found in foods. These include fats, sugars, and salts. Other ingredients are like those in other vaccines. None of the [current](#) vaccines have eggs, gelatin, latex, or preservatives. All [current](#) COVID-19 vaccines are free from metals (such as aluminum or mercury).

[Please turn to page 12.](#)

Page 12: Getting a COVID-19 Vaccine

Who should get a COVID-19 Vaccine?

Most people should get a COVID-19 vaccine. You should get the vaccine even if you have already have COVID-19. *As with any vaccine or medication, there are always exceptions in terms of people who should not get it, but please do not assume that you can't get it for some reason.* Talk to your doctor or pharmacist to learn if you should get the vaccine, especially if you have an allergy or health condition that makes you hesitant to get the vaccine. **There are very few medical reasons, like allergies or health conditions, that would prevent someone from getting the vaccine.**

How many doses of a COVID-19 vaccine do I need?

More than 1 drug company makes COVID-19 vaccines. Each one is a bit different. The number of shots you need depends on *your age*, your health, and how long it has been since your last shot. Talk to your doctor or pharmacist to find out when you need your next shot.

When you get your vaccine, ask if you need another dose and when you should get it. *However, keep in mind that the recommendations can change. Ask your doctors and pharmacist during your visits with them to make sure you're informed about the current recommendations.*

Write down on your calendar when you will need to get the next dose.

When can I get a COVID-19 vaccine?

You can get it now!

Where do I go to get a COVID-19 vaccine?

You may be able to get the vaccine from your:

- Pharmacy
- Doctor's office
- Arkansas Department of Health Local Health Unit (website in workbook)
- Some other place

Check the box above to note where you plan to get your vaccine.

To learn where to go to get a vaccine:

- Check the Arkansas Department of Health website (website in workbook)
- Call: 1-800-985-6030
- You can also ask your friends and family who have already gotten a vaccine where they went.

Page 13: Getting a COVID-19 Vaccine

How much will it cost to get a COVID-19 vaccine?

The vaccine will not cost you anything, [regardless if you have health insurance or not.](#)

- If you do not have health insurance, you will not pay anything for the vaccine.
- If you [do](#) have health insurance, the clinic [or pharmacy](#) may bill your insurance to pay for their costs of giving you the vaccine and storing it. But you will not pay anything.

What can I expect after I get a COVID-19 vaccine?

After you get a vaccine, no matter what dose, you may have a sore arm or mild cold-like symptoms for a few days. [Some people will have a fever or feel tired for a few days.](#) This is your body's response to the vaccine as it works to learn how to fight off the virus. You may not have side effects at all. [As we mentioned earlier in this discussion, the vaccines do not have COVID-19 virus in them and they cannot actually give you COVID-19.](#)

Can I get a COVID-19 vaccine if I am pregnant, trying to get pregnant, or breastfeeding?

Yes. COVID-19 vaccines are safe, [and is recommended](#), for women who are pregnant, trying to become pregnant, or breastfeeding. [Studies show](#) that it can be dangerous if you get [sick with](#) COVID-19 while you are pregnant because you are more likely to have serious symptoms. This can also harm your baby. But, if you get the vaccine, you can pass on immunity to your baby.

Can the COVID-19 vaccines affect my fertility?

No. Vaccines do not cause fertility (ability to have children) problems in women or men.

[Please turn to page 14.](#)

Page 14: Getting a COVID-19 Vaccine

Can the mRNA vaccines change my DNA?

No. The mRNA vaccines cannot change your DNA in any way. The vaccine teaches your immune system to fight the virus. After this happens, your body no longer needs the vaccine's ingredients. Your body breaks them down and gets rid of them.

What should I do if I have questions?

- When you go to the clinic or pharmacy to get your vaccine, staff **should** give you a fact sheet. **If they don't give you a fact sheet, I would encourage you to ask for one.** Because there are different vaccines, the fact sheet will be about the exact vaccine you will get. The fact sheet will tell you:
 - If there are certain people who should not take the vaccine
 - What ingredients are in the vaccine
 - What side effects you should expect

You may still have questions about the COVID-19 vaccine. You should get all your questions answered before you plan to get the vaccine. **The next page of this workbook has been left blank for you to write down any questions you may have.**

- If you have questions about the vaccine, you can:
 - Talk to your doctor
 - Talk to your pharmacist
 - Contact the Arkansas Department of Health
 - Visit: website in workbook
 - Call: 1-800-803-7847
 - Email: ADH.Coronavirus@arkansas.gov

Page 15: Write Your Questions Here

Write your questions here: (BLANK PAGE)

Please turn to page 16.

Page 16: Other Ways to Prevent COVID-19 and its Problems

As we wrap up this presentation, I'd like to go back over a few of the main points we talked about today.

If you get COVID-19, there is no way to know how severe it would be, so it is important that you do what you can to help prevent it. You should:

- Get the COVID-19 vaccine, even if you already had COVID-19.
- Avoid large gatherings and crowded indoor places.
- Stay at least 6 feet away from others in public.
- Wear a mask if you are in a place where it is required or recommended.
- Wash your hands often. If you can, use warm water and soap. Rub your hands together for at least 20 seconds.
- Stay at home if you are sick.

Page 17: Summary

Remember!

- COVID-19 is an illness caused by a virus. Everyone is at risk for getting COVID-19.
- New variants of COVID-19 may be easier to spread or cause more serious symptoms.
- Getting the COVID-19 vaccine is the best way to protect yourself from getting it.
- You can get the vaccine now. It will not cost you anything.
- Drug companies did not skip steps to develop this vaccine.
- The FDA confirmed that the vaccine is safe, and it works. The vaccine cannot give you COVID-19.
- Most people should get the COVID-19 vaccine.

To learn more, visit:

- The Centers for Disease Control and Prevention (website in workbook)
- The United States Food and Drug Administration (website in workbook)
- Vaccinate Your Family (website in workbook)
- The American Academy of Pediatrics (website in workbook)

Some of the information in this book came from:

- The Arkansas Department of Health (website in workbook)
- The Centers for Disease Control and Prevention (website in workbook)
- Pfizer (website in workbook)
- The United States Food and Drug Administration (website in workbook)

This information was fact-checked by:

- Doctors and staff at the Arkansas Department of Health
- Pharmacists and staff from Immunize Arkansas

Now that we have finished going through this booklet, I am happy to answer any questions or concerns you have. Please raise your hand if you have a question.

[Pause for questions.]

I hope this presentation and workbook have given you the information you need to help you make an informed decision about getting a COVID-19 vaccine. Thank you for being here. Stay well!