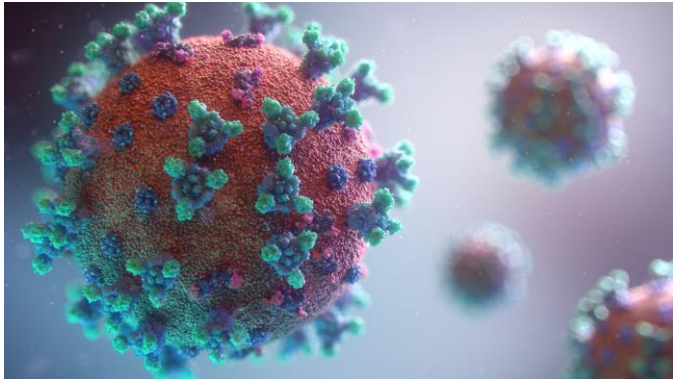


How to Advocate for Yourself During Covid



- It can be hard to stand up for yourself when around someone who has not gotten or will not get their COVID-19 shot.
- Here are some tips on ways to advocate for your safety or find ways to stay safe around those who are not vaccinated.

Decide What You are Comfortable with and Stick to It

Before you talk to others, decide what you feel comfortable with. Think about these 3 questions:



- 1. Are you comfortable being around a person who is NOT vaccinated?**
- 2. Do you feel comfortable with outdoor activities that are socially distanced?**
- 3. Would you prefer that everyone wears a mask?**

Decide What You are Comfortable with and Stick to It



- It helps to write down your answers. Make a List.
- Share Your Answers with People who Support You

Use Your List to Practice What to Say to a Unvaccinated Person



Think about what others might say when you share your list.

- Some people will respect you
- Others might get mad.
- Some people might laugh.

Be clear about what you need to be comfortable.

Once you decide what to put on your list **stick to it.**

Express Your Feelings



- It can be powerful to say to someone "It makes me sad that I cannot see you because you are NOT vaccinated."
- Share your list. Say what you need to feel comfortable. And stick to it for your own safety.
- Let people know, "I still care about you, I wish I could see you. But my health and safety come first."

No Judging



Even though you may be upset with people who will not get the shot, it won't work to say things that hurt their feelings.

A key to encouraging people to get their vaccine is listening without judgement. You may not understand. You may not agree. To be supportive, you need to listen to their experience.

Stick to the Facts

It is important to stick to the facts. There is a lot of false information about COVID-19.

If talking about getting the shot get tense, only say information you know is true.

Avoid getting into an argument.

It is also okay to respectfully end the conversation. If you don't feel comfortable it is okay to leave if are able to leave.



How to Advocate for Yourself when Around People Who are NOT Vaccinated



Sometimes, you may not be able to avoid people who are NOT vaccinated. You might live in the same house as them. You might have a support staff who is NOT vaccinated. There are things you can do to support your health and safety.

1. Tell your agency if you want to only have staff that are vaccinated.

How to Advocate for Yourself when Around People who are NOT Vaccinated



2. Wear a mask. And ask others to wear a mask when they are around you.

You have the right to request this of people, especially if someone is coming into your home.

How to Advocate for Yourself when Around People who are NOT Vaccinated



3. Choose outdoor activities, whenever possible. If you must be indoors, pick a place with good air flow such as a room with open windows.

4. Ask people to stay at least 6 feet away from you. And wear a mask if they need to be closer to you at times.



Go to the CDC website for the facts!

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

Bust Common Myths and Learn the Facts

The Delta Variant of COVID-19 spreads very quickly.

People who did not get a vaccine are getting sick. For example yesterday, October 13, 2021 - 2,224 people died from COVID.

