

"Protecting Loved Ones" - Bill & Debra



A video created by AUCD's National Center on Disability in Public Health

<https://www.youtube.com/watch?v=CqVqFQRqQAE>

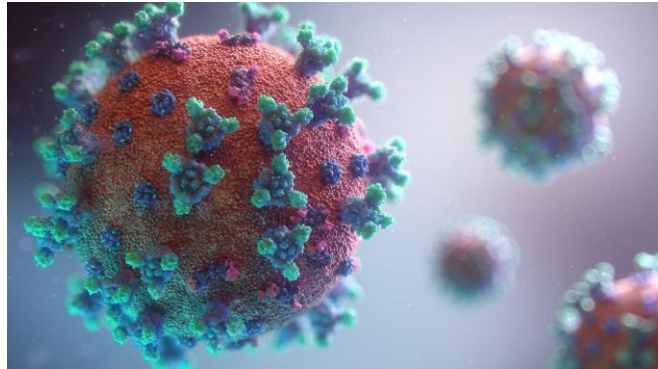
What are COVID-19 variants?



COVID-19 is a virus. Viruses change all the time. It is common for this to happen with a virus. For example, the flu is a virus and it changes each year. A virus looks like a ball with spikes coming out of it.

There is more than one kind of COVID-19. The different kinds are called variants. They are a little the same and a little different.

What are COVID-19 variants?



Scientists watch for changes in the virus, like changes in spikes.

More than one kind of COVID-19 is going around the world. You might have heard in the news people talking about the Delta Variant in the United States.

Why do COVID-19 variants, like the Delta Variant, matter?



It is important to know about COVID-19 variants. Some kinds of COVID-19 are easier to get. Some kinds of COVID can make people more sick than others.

Why do COVID-19 variants, like the Delta Variant, matter?



The Delta Variant of COVID-19 can spread from person to person very easily. It is spreading quickly across the country.

People who did not get a vaccine are getting sick. More than 1,200 people are dying every day.

■ What are COVID-19 vaccine booster shots?

- There are 3 kinds of COVID-19 vaccines. Two of the vaccines have two shots. They are called Moderna and Pfizer.
- One of the vaccines has one shot. It's called 'Johnson and Johnson' or 'J and J'.



■ What are COVID-19 vaccine booster shots?



Scientists watch and test the vaccines to make sure they keep people safe over time. Now scientists found that people who got a two-shot vaccine need a third shot to stay safe because of the Delta Variant.

What are COVID-19 vaccine booster shots?



This extra shot is called a booster shot. Over time your body needs more vaccine to keep fighting off the virus. Lots of other vaccines have booster shots, too. For example, you get a flu booster shot to keep you safe from the flu each year.

The COVID-19 booster shot is safe. It keeps you from getting very sick and dying from COVID-19.

How do I know if I need a COVID-19 booster shot?

You will need a booster if you got one of the vaccines that has two shots. These are called Pfizer and Moderna.

If you got the one-shot vaccine, you need to wait for now. This shot is called the Johnson and Johnson. Scientists are still testing to see if people who got the one-shot vaccine need more to keep them safe over time.

You can check your vaccine card to see which kind of vaccine you got before.

Should I get a COVID-19 booster shot now?

Ask your doctor when you should get your COVID-19 booster shot.

Most people will get a COVID-19 booster shot 6 months after their second shot. For example, if you got your second COVID-19 shot on **April** 1st, you should get a third shot around **October** 1st.

How do I know when to get mine?

Some people will need to get it now because they have a weak immune system. Your immune system is the parts of your body that keep you from getting sick. For example, people who have cancer might have a weak immune system. If you have a weak immune system, you may need to get a booster shot soon to stay safe from the Delta Variant. **Talk to your doctor to find out if you have a problem with your immune system and should get your booster shot now.**

Where can I get a COVID-19 booster shot?

You will be able to get your COVID-19 booster shot at many places. You can go to pharmacies, like CVS or Walgreens. You can go to some grocery stores. Many states [will also come to your home to give you a vaccine](#). If you are not sure where to get your shot, you can:

1. Call the DIAL help line at 888-677-1199 for free help
2. Look online at www.vaccines.gov
3. Ask a trusted family member, friend, support staff, or your doctor's office for help

What will happen if I choose to not get a COVID-19 booster shot?

You might catch COVID-19 and get sick.

The vaccine gave your body lots of protection from COVID-19. Over time, it wears out. It is like running low on gas. A booster shot is like filling up your tank. You need more vaccine to avoid getting COVID-19. The booster protects you from getting very sick.

For example, you get your flu shot each year to keep protection from getting sick from the flu.

Addressing COVID-19 Vaccine Hesitancy

People who say, “I can’t get the vaccine”



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<https://www.youtube.com/watch?v=nVdAwGuXi50>

Addressing COVID-19 Vaccine Hesitancy

People who say, “I won’t get the vaccine”



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