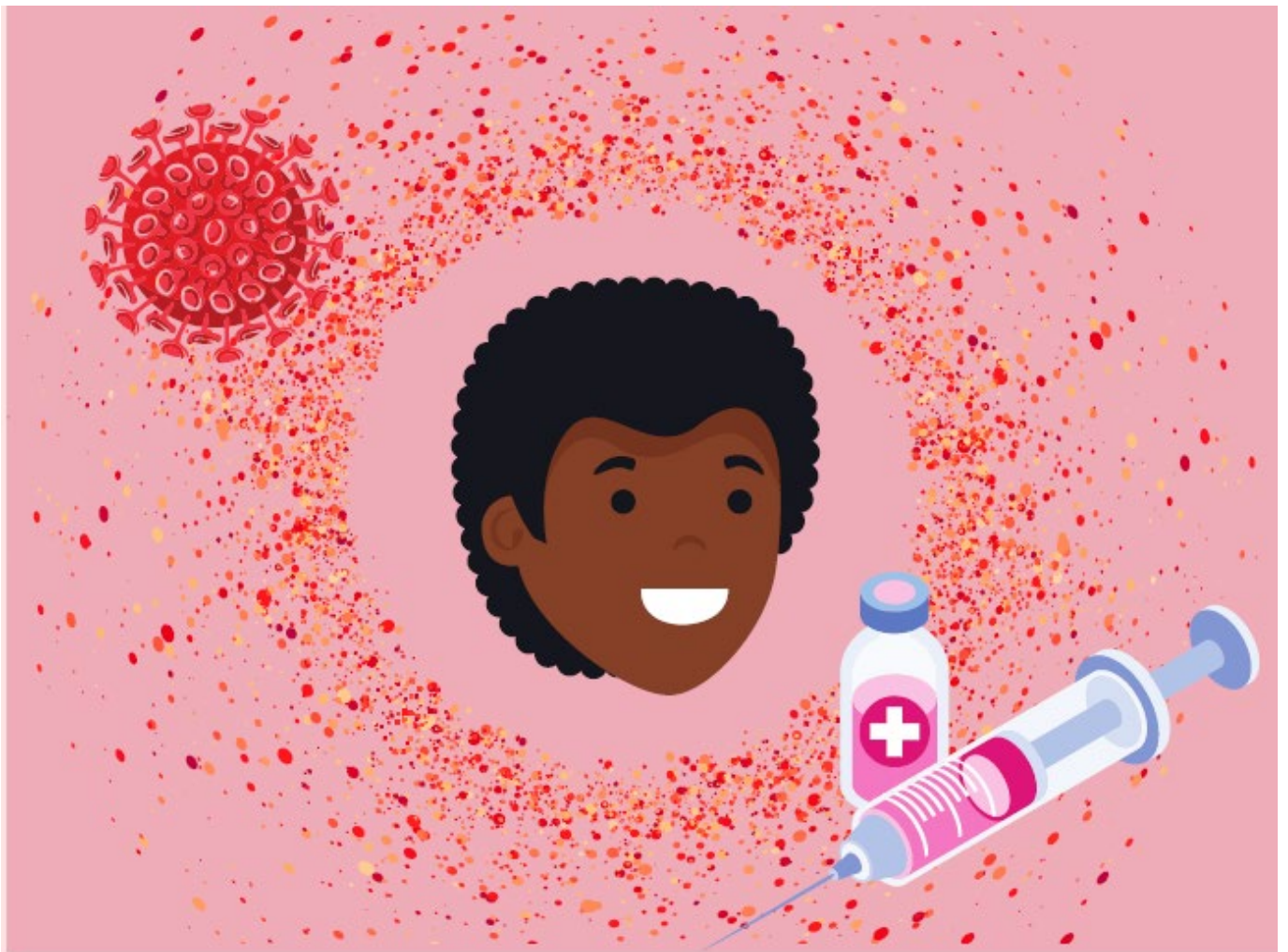![Grandview Kids]

Getting a COVID-19 Vaccine

I want to protect myself and other people around me from getting sick from COVID-19.

I will get a COVID-19 vaccine so I don't get very sick from COVID-19.

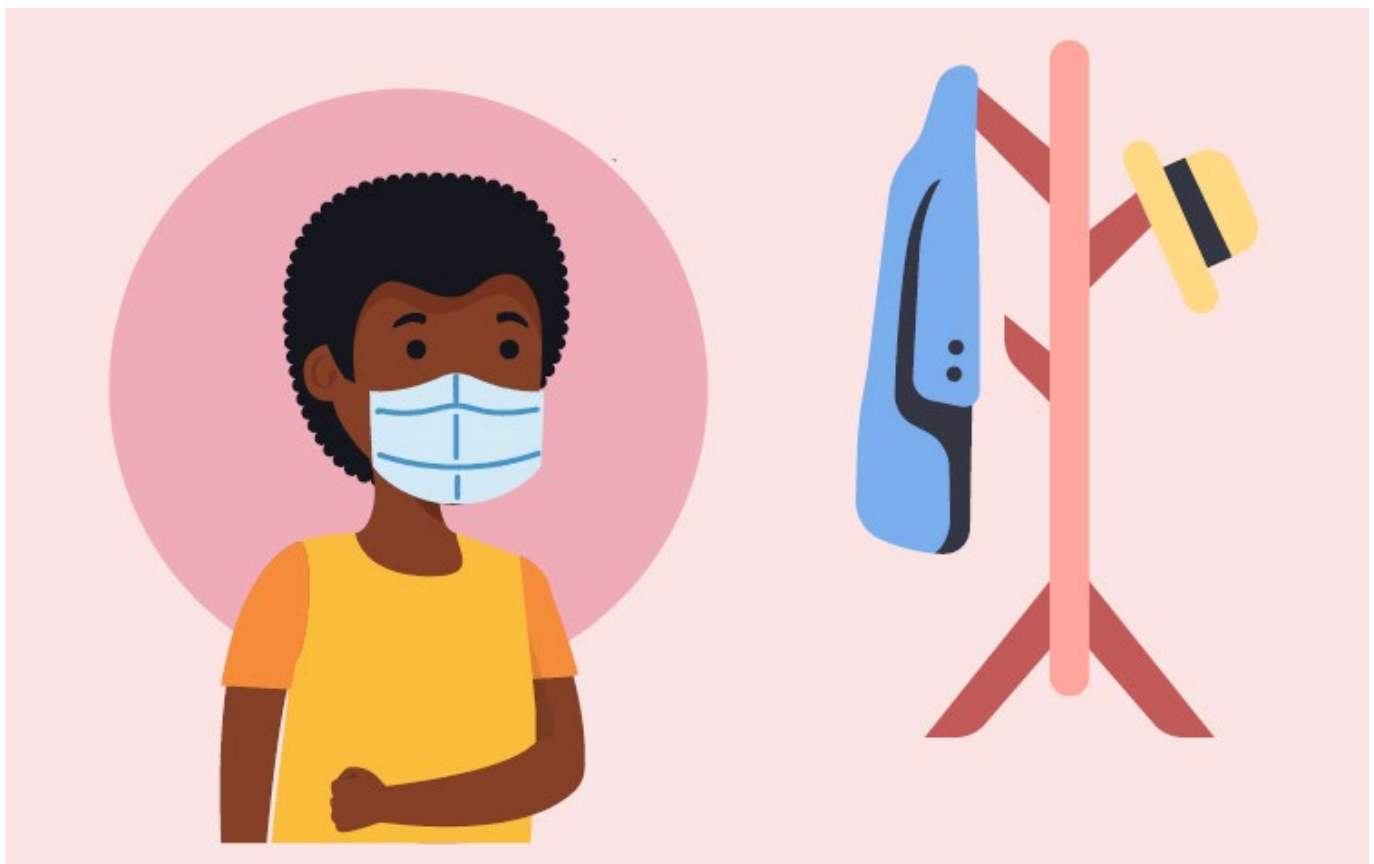# I can go to a COVID-19 vaccine clinic!

I will have to sit down and be calm.

I will take off my jacket and roll up my sleeve when it is my turn.

First, the doctor or nurse will clean my skin.

I can look away, close my eyes or hold someone's hand if I am feeling scared or nervous.

Other things I can do if I am feeling scared:

1. Take deep breaths
2. Count to 10
3. Sing a song

I may feel a little pinch when the needle goes into my arm.

The doctor or nurse will put a Band-Aid or cotton ball on my arm when it is all done!

After my vaccine, my arm may feel a little bit sore or my head may hurt but I will feel better soon!
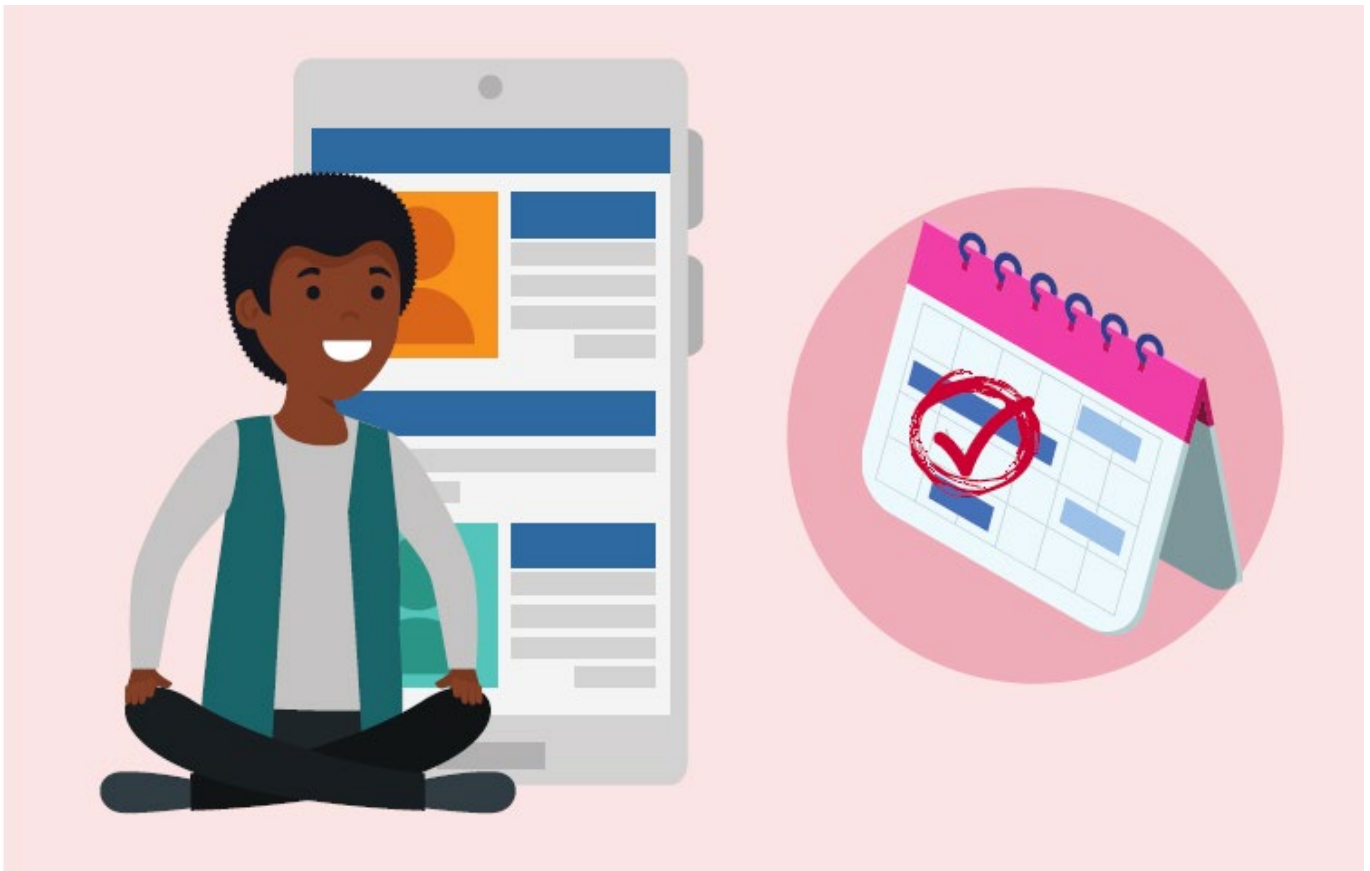
I will still need to wear a mask, wash my hands and keep my distance.

I will have to get another vaccine in a few weeks but I can do it!

I got my vaccine to keep myself and everyone around me safe!

Reference

Rutgers: Robert Wood Johnson Medical School (2021, January). *Getting a Covid-19 vaccine: A social story for people with intellectual and developmental disabilities. The Boggs Center on Development on Developmental Disabilities https://rwjms.rutgers.edu/boggscenter/publications/ documents/GettingACOVID19VaccineSocial StoryIDD-F.pdf*