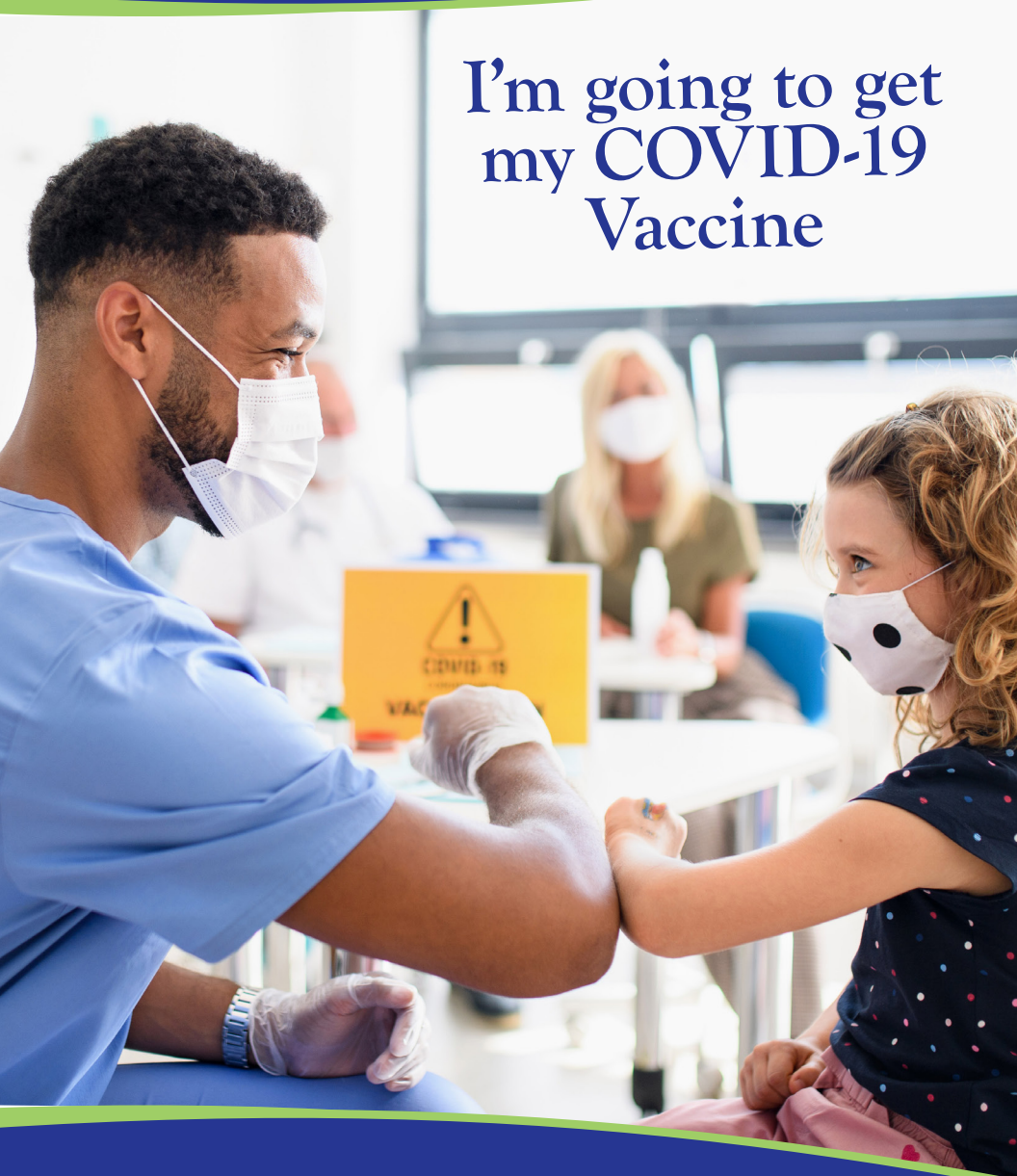


# I'm going to get my COVID-19 Vaccine



A SOCIAL EXPERIENCE STORY



*The COVID-19 vaccine is a shot that will protect me from getting the virus. Many adults have already gotten the vaccine. Now I can get one too.*

*The vaccine has 2 different shots  
about 3 or 4 weeks apart.*

*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 makes it easy for a nurse to touch 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.*







*My parent will have to sign a form saying we 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. The side effects go away.*

*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, if I want, my parent or a helper can hold the cold pack and Buzzy Bee on my arm where the shot will go so I won't feel it as much. Buzzy Bee tickles my arm and helps me relax.*



*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 10 seconds to be done. Some people count to 10 to know when it will be finished. After my shot is finished, the nurse will put a band-aid over it.*





*I will get a card with information about which 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 and color, draw or play quietly 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.*

*I will have to sign up, go to the vaccination center, and get the shot. I must bring my card with me.*







*Two weeks after my second shot,  
I will have built up protection  
against COVID-19.*

*It is important to still wear a mask,  
wash my hands well, and keep  
some distance from other people 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 tell my parent and 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 at least 5 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. I can also check with my doctor if I am worried or undecided.*
- I can get my second dose at a different location if it is closer to my home by looking up the locations where my vaccine is available on this website: [www.vaccines.gov](http://www.vaccines.gov)*
- 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*



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



## Florida's First Choice for Autism Support

The Center for Autism & Related Disabilities (CARD) provides support and assistance with the goal of optimizing the potential of people with autism spectrum disorder and related disabilities.

<https://usf.to/autism>



CENTER FOR AUTISM &  
RELATED DISABILITIES AT USF  
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