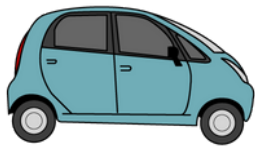


What to expect with your COVID-19 Vaccine

Before | During | After



- Find a **nearby COVID-19 vaccine** by checking local providers like pharmacies, clinics, or your doctor's office, or by visiting **Vaccines.gov** and entering your zip code.
- Get free vaccines from BRIDGE ACCESS program participating healthcare centers.



- For vaccine appointments or transportation help, contact **DIAL: The Disability Information and Assistance Line** at 888.677.1199, email DIAL@usaginganddisability.org, or visit **dial.acl.gov** to connect with a specialist online.



- When you arrive to receive your COVID-19 vaccine, you **might need to show your ID and insurance card.**
- No need for citizenship or residency proof.



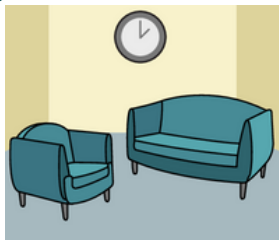
- To protect yourself and others, it is recommended that you **wear a mask** that covers your mouth and nose.
- **Wear a t-shirt**, the shot will be in your upper arm.



- Bring anything that may help **ease anxiety** like a fidget toy, comfort item, preferred video, communication tool, etc.

What to expect with your Covid-19 Vaccine

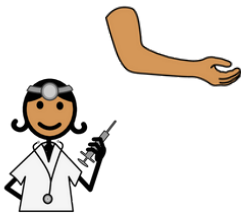
Before | **During** | After



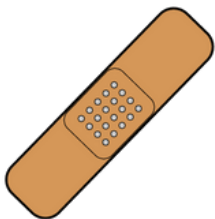
- **Know the clinic rules for arrival** (will you call from the car, wait in the car, wait in the waiting room, etc.)



- The vaccinator will use a wet pad to **clean your arm**.



- Then **the shot will be administered** on your upper arm.



- **You will receive a bandage.**



- Before you leave, you may be asked to **wait for 15-20 minutes** for observation.

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What to expect with your Covid-19 Vaccine

Before | During | **After**



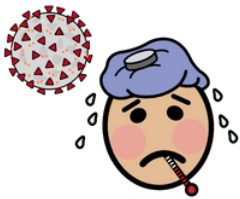
- You may feel tired, feverish, or have pain in your arm.
- These are **normal symptoms** that will go away soon.



- **Reduce the pain and discomfort** where you got the shot by using or exercising your arm
- **Drink water and get enough rest** to help your body recover.



- If you experience any of these feelings, call your healthcare provider:**
- Difficulty breathing
 - Fast heartbeat
 - Swelling of face or throat
 - Dizziness and weakness



- Immunocompromised individuals may need **extra COVID-19 vaccine doses** 2+ months after the last one. Ask your healthcare provider for details.



- Your body is **stronger**, and your community is **safer**.

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