



COVID-19 Vaccines

A Plain Language Guide

What is COVID-19?

COVID-19 is a new sickness or virus that has been making many people sick all around the world. It's also sometimes called coronavirus. Getting COVID-19 means you might get a fever or cough, or have trouble breathing.



What is a vaccine?

A vaccine is medicine. It protects you from getting sick. You get a vaccine by getting a shot in your arm from a nurse or doctor.

The government makes sure all vaccines are as safe as possible.

What Should I Know about the COVID-19 Vaccine?

There are new COVID-19 vaccines to help keep people from getting sick from the COVID-19 virus. The vaccine is free for all people.

Ask your doctor about getting the COVID-19 vaccine.

If you don't know how to contact your doctor, your family, friends or support staff can help you.

You can ask your doctor questions about the vaccine in person, by phone, or by video on your phone or computer (a "telehealth" visit).



Learn more & stay updated about the COVID-19 vaccine on the TN Department of Health website:

www.tn.gov/health/cedep/ncov/covid-19-vaccine-information.html

TN

Council on
Developmental Disabilities

Call Disability Rights Tennessee if you think your rights are being violated in getting your COVID-19 vaccine:
www.disabilityrightstn.org; 1-800-342-1660

COVID-19 Vaccines: Plain Language Guide

What Should I Know About the COVID-19 Vaccine?

Your doctor or support staff can tell you when & where you can get the vaccine.

Most COVID-19 vaccines require you to get 2 shots in your arm. You get the second shot 3 or 4 weeks after you get the first one. It is important for you to get both shots for the vaccine to work.



The shot may hurt for just a moment when you get it. After, you may ...

- Have a sore spot on your arm where you get the shots
- Feel tired or have a fever for a few days. *This doesn't mean you are sick.* It means the vaccine is working to keep your body healthy.

Do I need to wear a mask after I get the vaccine?

YES! You still need to wear a face mask, wash your hands a lot, and follow social distancing rules (like not being around lots of people) after you get the vaccine. It takes time for the vaccine to work. It might take up to 2 months for the vaccine to make sure you won't get the virus. Doctors will tell us when it is safe to be in public without a mask.



It takes time to make enough vaccine for everybody.

Tennessee has a plan for when different groups can get the vaccine.

- Doctors and nurses will get the vaccine first. After that, other groups can get it, like:
 - people living in nursing homes.
 - people who have staff to help with daily living at home.
 - people with some health problems, like heart disease or diabetes.
- For now, the vaccine is not for children.
- Some younger and healthy adults might have to wait a few months to get the vaccine.
- The people who are more likely to get COVID-19 include: people of color, older people, and people with certain health problems, like diabetes or heart disease. Tennessee has a plan to make sure these groups of people get the vaccine as soon as possible.
- The goal is for everybody to be able to get a vaccine by summer 2021.
- If you tested positive for COVID-19, that means you got the virus. Talk with your doctor about getting the vaccine.