



## Already Vaccinated? Here's How You Can Help.

### Talk with Your Friends and Family

- COVID-19 vaccines are new, and it is normal for people to have questions about them.
- Listen without judgement and with empathy to their concerns.
- Share your experience and why you chose to get the vaccine.

### Ask Open Ended Questions

- Asking open ended questions helps us better understand each other.
- Understand what your friend or family member is concerned about, where they learned any troubling information, and what they have done to get answers to their questions.

### Ask Permission to Share Information

- When you understand your friend or family member's questions and concerns, tell them where you get the information that you trust.
- Sometimes, sharing quick, accurate answers to common concerns can go a long way toward moving someone from worry to confidence.



- If you don't know the answer to their question, offer to help look for information.

### **Help Them Find Their Own Reason to Get Vaccinated**

- Everyone gets vaccinated for a reason - protecting family and friends, returning to work or school, traveling to be less anxious seeing their loved ones and returning to normal life.
- Shift the conversation from “why not?” to “why?”

### **Help Make Their Vaccination Happen**

- When they decide on their “why,” offer to help make their vaccination path shorter, easier, and less stressful for them.
- Help them make an appointment. Offer transportation or childcare, or volunteer to go with simply go with them to the appointment.

Every person who makes the decision to get vaccinated brings us all a step closer to moving past the COVID-19 pandemic. As a trusted messenger to your friends and family, you can play a role in their decision to get vaccinated.

---

**Visit [OUHealth.com/Vaccine](https://OUHealth.com/Vaccine)  
to find vaccine locations.**

---

