Getting Vaccinated
A Social Story for Visual Learners

Division of Developmental and Behavioral Pediatrics &
University of Cincinnati Center for Excellence in Developmental Disabilities
Cincinnati Children's Hospital Medical Center
Being sick is not fun! Sometimes it can even be serious. Especially if germs are spread to others.
Luckily, scientists created vaccines that can keep us healthy and safe.

A vaccine is a special kind of medicine that helps your body build immunity or protection against illness or disease.
You might hear adults talking about the COVID-19 vaccine and the Flu vaccine.

These are both important vaccines that keep us healthy and safe.
A vaccine is given by an injection, also known as a shot.

This means the nurse or pharmacist will use a small needle to put the medicine in your arm.
Let’s learn about what happens when people get vaccinated...
Before your shot, the nurse or pharmacist will clean your arm with a wipe or cotton ball.

Sometimes the wipe feels cold, but it does not hurt.
A shot has a small needle. Some people are afraid of needles.

It’s okay to feel afraid.
If you are afraid, you can:

- Hold an adult’s hand.
- Sit in a loved one’s lap.
- Use a fidget (like a squish ball).
- Look at a picture or sign on the wall. Count the colors or words you see!
- Take 5 deep breaths.
- Slowly count to 10.
The nurse or pharmacist will give you the shot. This happens quickly and feels like a pinch.
Lastly, you will get a band aid.

Now you can feel proud that you got your vaccine!
After the vaccine, some people have side effects. This means that you may:

- Have a sore arm
- Feel tired
- Have a headache

This is normal and goes away after a couple of days.

These side effects let us know that the vaccine is working.
You can be a hero!

When you are vaccinated, you help to keep yourself and others safe from illness or disease.
Want to learn more?

**CLICK HERE** for more information and a kid friendly video about the COVID-19 vaccine.

**CLICK HERE** to watch other brave kids get their COVID-19 vaccine.

**CLICK HERE** for more information about the Flu vaccine.

**CLICK HERE** for more information about getting a shot from Sid the Science Kid.