



Getting Vaccinated

A Social Story for Visual Learners



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.