

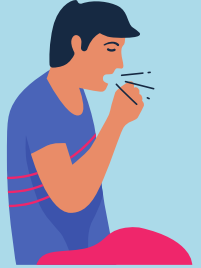


# COVID-19 Vaccines

## 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](http://www.tn.gov/health/cedep/ncov/covid-19-vaccine-information.html)**

**TN**

Council on  
Developmental Disabilities

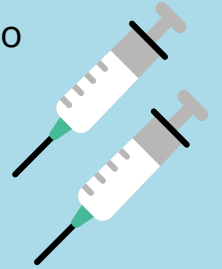
***Call Disability Rights Tennessee if you think your rights are being violated in getting your COVID-19 vaccine:***  
**[www.disabilityrightstn.org](http://www.disabilityrightstn.org); 1-800-342-1660**

# 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.