

PEDIATRIC VACCINATION CLINICS

We all have a role to play in keeping our communities safe from Covid-19. The vaccines are new, and it's normal for people to have questions about them. These tips can help you have tough conversations with friends or family who are hesitant to get immunized.



LISTEN WITH EMPATHY.

- Listen without judgement and identify the root of their concerns.
- Acknowledge their emotions so they know they have been heard.
- Try saying, "It sounds like you are stressed at work and home, and concerns about the vaccine are another source of stress. That's really tough."

ASK OPEN-ENDED QUESTIONS.

- Ask questions that help you understand their worries or fears. Try asking:
 - What are you the most concerned about?
 - How have you found answers to your questions so far?
- Don't dismiss concerns, even if they seem silly or outrageous.

PROVIDE PERSPECTIVE.

- Misinformation resonates with people because it touches on real emotions.
- Listen carefully and try to uncover what's really the source of their concern.
- Try saying, "I hear your concern about wanting to have the healthiest pregnancy possible. That's why I want to be sure you're protected against this deadly virus. The vaccine will protect you and the baby."



TELL THE TRUTH.

- You don't need to be an expert. Try saying, "I don't know everything about how the vaccine works at the cellular level, but I trust my doctor and the experts."
- DON'T engage with misinformation. When someone argues about something they believe, even if it's wrong, they become more attached to their belief. Avoid repeating false information.
- Encourage them to seek information from trusted and reliable sources, especially their doctor.
- Try saying, "That theory has been disproven. Vaccines have been proven to be safe in rigorous clinical trials, and millions of people have safely received vaccines."



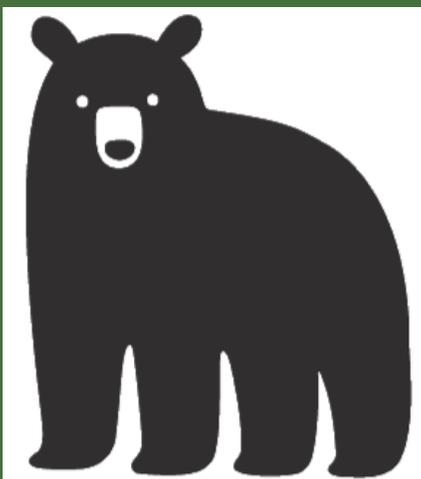
MAKE IT PERSONAL.

- Talk about why you chose to get the vaccine, or why you plan to immunize your children.
- Try saying, "We've talked about why you're concerned. What would getting the vaccine mean for you?"
- Answers might include: protecting their family, feeling less anxious, visiting friends or family, or returning to work or school.
- Help them make a plan to get immunized. Offer to help them make an appointment, drive them, help babysit, or get coffee.

LET IT GO.

- Set rules for gatherings to keep everyone safe and enforce them. Tell friends and family that you require vaccination and/or masks for gatherings.
- Try saying, "I respect your opinion; I just don't agree with you."
- Remember that not everyone will be persuaded easily. It's better to end the conversation on a positive note so you can continue talking later.

TRUST THE FACTS.



- More than 6.25 billion doses of the vaccines have been administered worldwide, and 1.92 million doses have been given here in Maine.
- "Natural immunity" is random. It's impossible to predict if you'll be protected for a long or short time, or not at all.
- The Delta variant of Covid-19 is especially deadly, and it's possible to catch Covid-19 more than once.
- In the US, over 44 million people have contracted Covid-19, and nearly 700,000 have died.
- Workers who quit or are fired because they refuse to get a vaccine do not qualify for unemployment benefits, and insurance plans may not cover hospitalization for Covid-19 if you are not vaccinated.