

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.