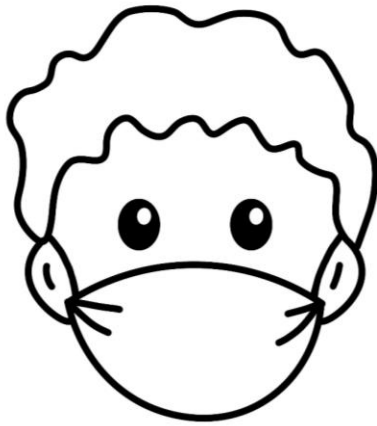




Confident Care for Kids (CCFK) is here to help create vaccine visits with less stress. CCFK is a statewide initiative to increase sensory supports for children with disabilities and special health needs to ease anxiety when getting the COVID-19 vaccine at a community-based pediatric or family care practice in Vermont.

This social story was designed to be easy read and in black and white for accessible use. Please feel free to print this social story on bright or low tone colored paper.

To request a copy of the social story please contact Vermont Family Network 802-876-5315.



There has been a sickness that has been making people feel ill since last year. That sickness is called COVID- 19. We have done a really good job of taking care of each other in Vermont. We can take care of each other by catching our coughs and sneezes, being at a distance from others, wearing masks when inside, washing our hands, and staying home when we are sick.



Another way to take care of ourselves and others is to get a shot, or vaccine. Getting the vaccine will only take a minute and feels like getting a little pinch.



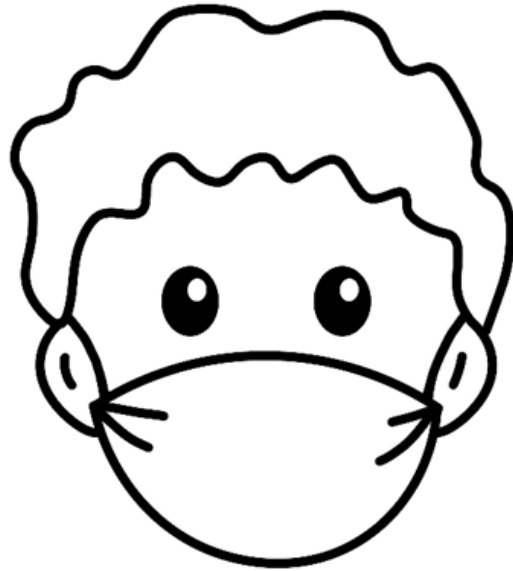
Getting the vaccine helps me to fight the covid sickness and keeps the sickness away from others. I will get a COVID-19 vaccine, so I don't get very sick. I can remind myself that, I am helping others! *And I can do hard things!*



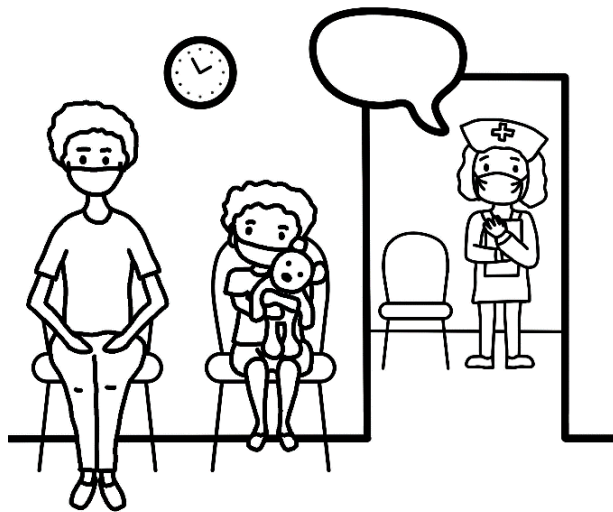
(Child can fill in below)

I will drive or walk to the doctor's office with my \_\_\_\_\_.

I can bring my favorite toy or game with me. I might bring \_\_\_\_\_.



When we arrive at the doctor's office, I will need to put on my mask when I get out of the car.

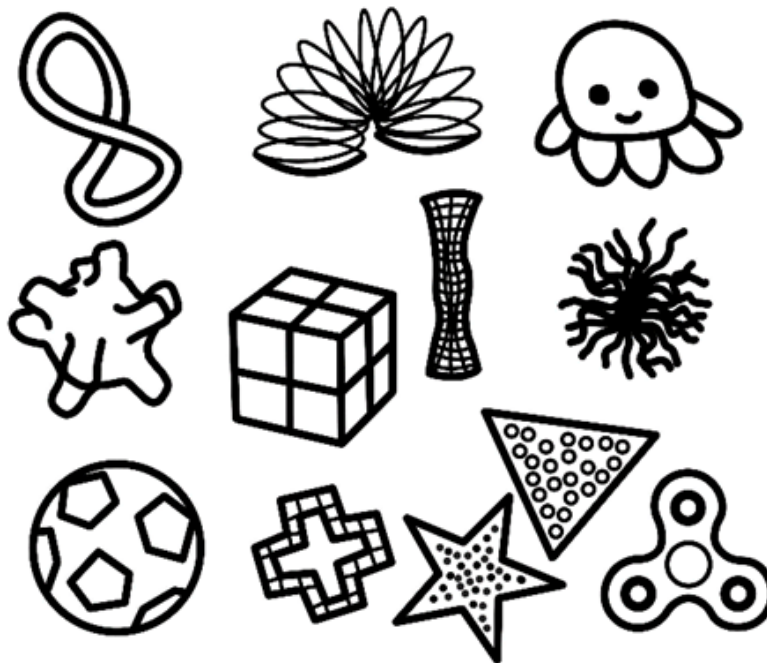


My family will give the doctor any information they need to know about me, like my name and my age.

I can also ask any questions or wonders about the vaccine. I will check in and then sit and wait for the nurse to call my name.



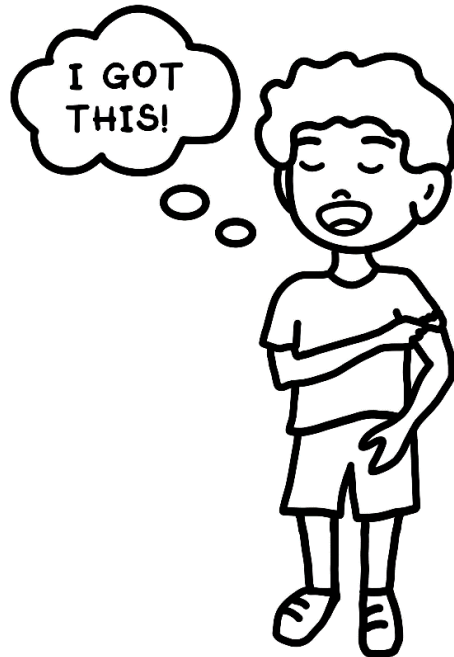
I may see people dressed up in gowns, gloves, masks, and face shields. They wear this gear to keep us all safe from passing the sickness to others. Even though I can't see their faces, the helpers are very glad to see me and want to take good care of me! If I feel nervous or confused, I can ask, "what is your name?". Or I can ask any other things that I might wonder about. They are happy to help me stay healthy.



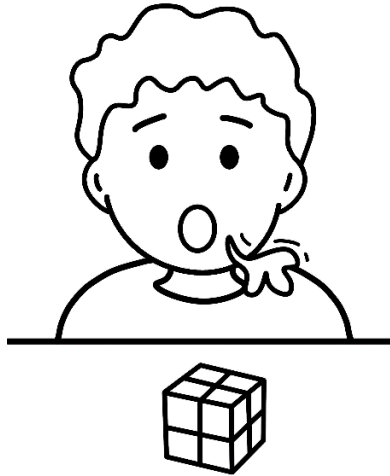
Before I get the shot, I will be able to choose a special comfort item to play with while getting the shot.



The shot goes in my upper arm with a needle. This needle feels like a little pinch and will be over quickly.



When it is my turn, I will roll up my sleeve or take off my jacket. I'll remind myself, ***I Got This!***



I will need to relax and sit still. I can relax by closing my mouth and breathing into my nose while I count to 4. Then I can exhale out of my mouth for the count of 8. My family or staff can remind me to breath in and out and help me count.

If I feel nervous, I can look away from my arm, close my eyes, or sing a song. I can also play with my comfort item.

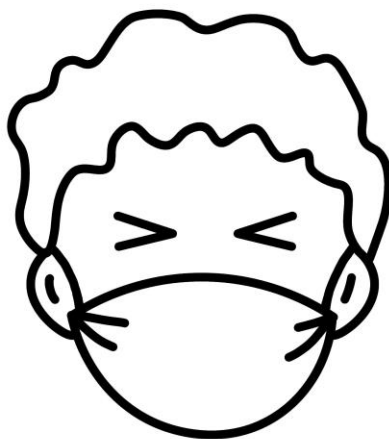


I can listen to music or talk to someone who supports me.



The helper will wipe my arm with a cold, wet cotton square or swab.

STINKY

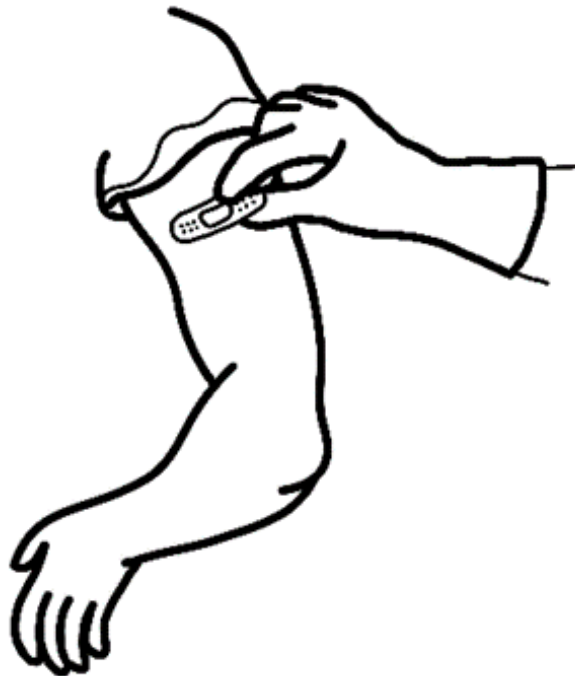


It might smell funny.

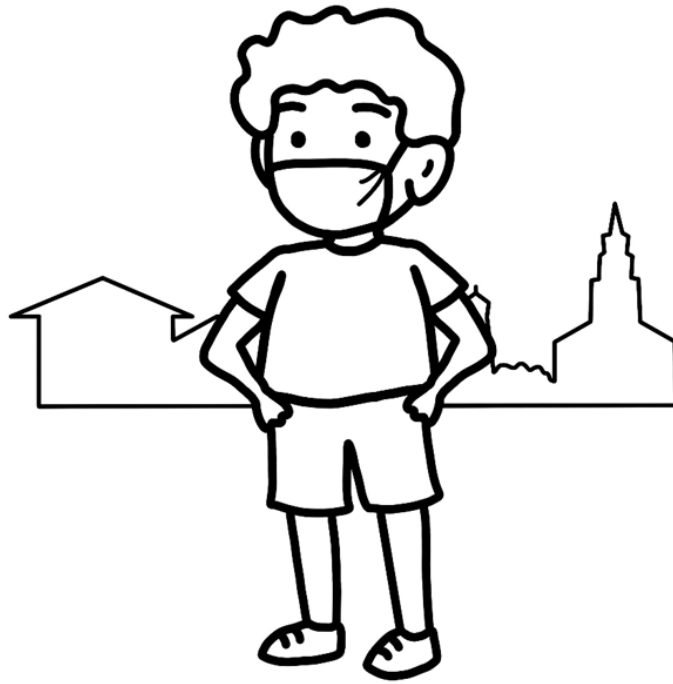




The shot may feel like a pinch or a poke, but it will be over very quickly.



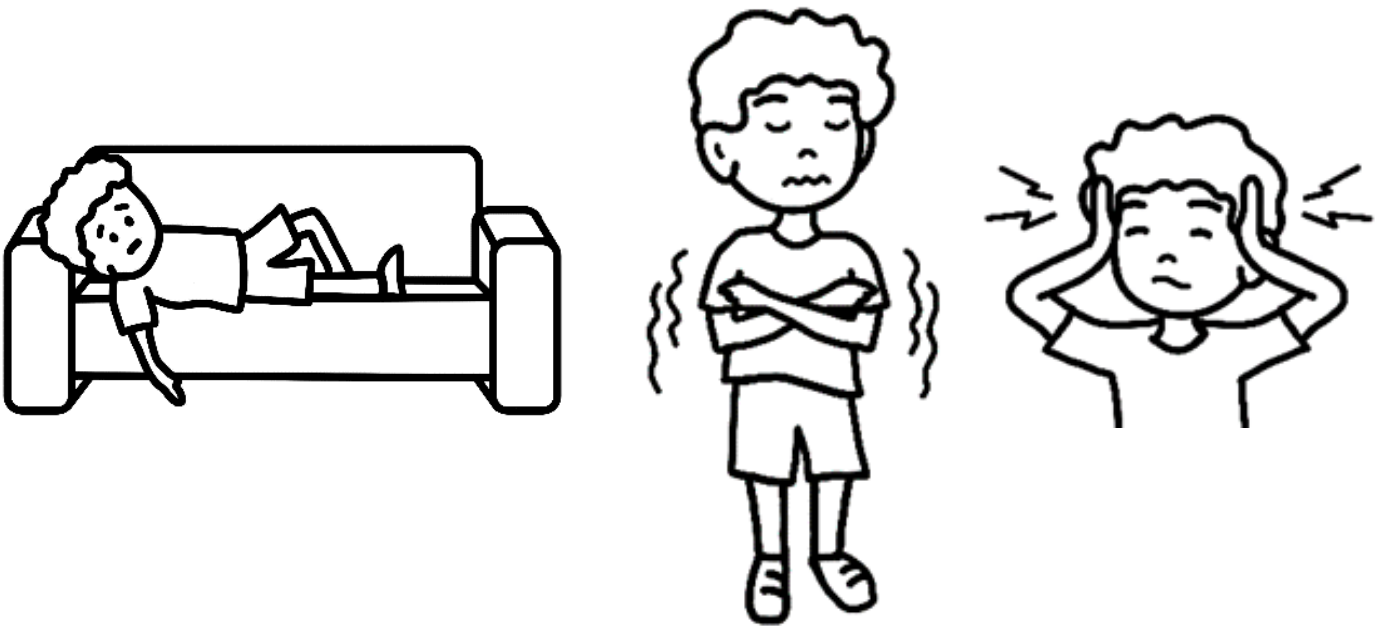
The helper will put a band-aid over the spot where I got my vaccination. I did it!



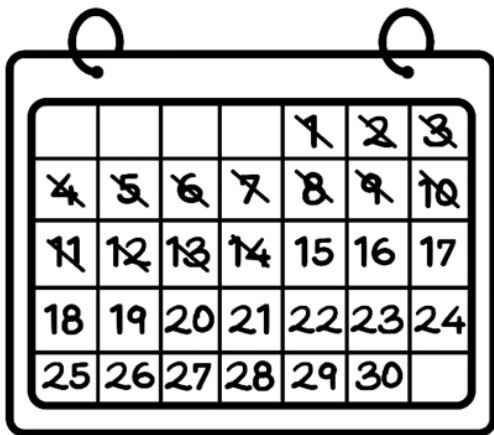
***I did it!***



After my shot, I can pick a special prize. I may need to wait a few minutes to make sure I am healthy to go home. While I am waiting, I can play with my comfort item.



My arm might be sore after the shot, or I might feel tired, have chills, a fever, or a headache for a short time. If I feel any of these, I can tell my parents or caregiver.



I will need a second shot a few weeks after my first shot. When I come back in a few weeks, I will go through the same steps to get my second shot.

The vaccine will start to protect me about 14 days after my second shot. So, it is important that I continue to keep myself and others safe by wearing a mask.



I will continue to stay safe by wearing a mask, staying at least 6 feet away from others, and practicing healthy habits like handwashing and using hand sanitizer.

I want to keep everyone healthy and safe from COVID-19. I can do this! I am proud of myself for getting this vaccine. I can be brave and calm and make safe choices. I am keeping myself and others who live in Vermont healthy.

This project was supported, in part by grant number 2001-VTSCDD, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.