



## How Should People with Disabilities Prepare

Everyone who wants a vaccine should get one! COVID-19 vaccines are [safe and effective](#).

If you are one of the very few people who do get COVID-19 after getting the vaccine, you have much less chance of:

- [Getting very sick](#)
- [Going to the hospital](#)

The vaccine can have side effects for many people. You may experience no side effects or you may experience side effects for a few days. If you have a two injection vaccine, you may experience side effects after one, both, or neither of the injections.

These [side effects](#) could include:

- Tiredness
- Sore arm
- Swelling
- Fever
- Headache
- Nausea

Plan ahead!

- Make sure that you have a few days extra groceries, over-the-counter and prescription medication on hand in case you need to stay at home because you are experiencing side effects. Expect that you might have difficulty using the arm where the vaccine was injected for a few hours or possibly for a couple of days.
- Engage your support system! Let members of your family, friends, and paid staff, if you have staff, know that you will be getting the vaccination and might need some extra assistance.
- Let your employer know that you will be getting the vaccine and may need time off. Many employers are offering paid time off to employees who get the vaccine. Ask your employer if paid time off is possible.

If you have significant side effects, contact your doctor. In the unlikely event that you experience an emergency call 911.