



THE PARTNERSHIP

FOR INCLUSIVE DISASTER STRATEGIES

Preparing for the COVID-19 Vaccine as a Person with Limited Arm Use

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

Some people with disabilities may need to prepare more for their vaccine.

If your arm use is limited, here are some things to consider planning for after each of your vaccines:

Possible Issue:

- If you use a wheelchair, transferring might be harder than it usually is.

Possible Solution:

- Plan to have a personal assistant help you transfer in and out of your wheelchair. If you do not use a personal assistant, ask someone from your support network to assist you if you need it.

Possible Issue:

- You might not be able to use your hands and arms as you normally do.

Possible Solutions:

- Plan to have a personal assistant help you do what you normally do with your hands, preparing food, getting dressed, toileting.
- Get as much done ahead of time such as meal preparation as possible.
- Get time off work in advance from your employer.

Remember: Not everyone has effects after the vaccination, but **everyone should plan**.