



Disabled People who use Personal Assistants: What You Need to Know to Prepare for the COVID-19 Vaccine

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

What should personal assistance users do to prepare for the vaccine?

- Schedule extra support and extra staff hours.

Be aware that it is likely that the arm where you have received the injection may be moderately to significantly sore. This means you may need more assistance, and that tasks that you and your assistant perform may take longer. In addition, you may be experiencing additional side effects that may impact your activities.

Tasks where you might need additional time and assistance include:

- Transferring – anticipate having less use of your arm
- Eating
- Dressing
- Toileting routine
- Bathing

Where possible schedule activities such as bowel routine and other non-daily activities around your vaccine appointments.

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