



## Preparing a Personal Support System Before, During, After Vaccination Process for People with Mental Health Conditions/Disabilities

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

Prepare a support system that can help you:

- Navigating the process of getting the vaccination.
- Managing anxiety before, during, and after the vaccination. They may be able to come with you physically or virtually through your smartphone or device.
- Informing vaccine providers that you are anxious and what step you would like them to take to accommodate your anxiety i.e. moving to a less stress inducing space, informing you after the injection what your oxygen level or blood pressures is so that you will know that you are okay, etc.
- Managing physical adverse effects of the vaccine.

Who could be in that support system?

- Friends
- Family
- Peer advocates
- Anyone that you are comfortable with that is available to provide support
- Maybe you could trade support with a peer getting the vaccine at a different time!