

## Preparing as a Multiply Marginalized Person with a Disability

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

Marginalized identities are social identities that are pushed to the margins, to be forgotten about or actively excluded. Different marginalized identities in the US includes, but is not limited to: race, ethnicity, gender identity, sexual orientation, income, education level, housing status, and English proficiency.

What people with multiple-marginalized identities should do to prepare...

Before the vaccine:

- **Find a vaccine site that meets your needs.** Not all vaccine sites will meet all needs; prioritize your needs and find a site that meets them. Consider what location feels safe to you, is accessible to you, and is open hours that are convenient for you.

During:

- **Bring what you need to make the vaccination process as comfortable as possible.** The vaccine site is trying to get as many people vaccinated as possible, and may not be looking for ways to meet your access needs. Consider bringing with you supports that will help you feel comfortable in this setting, such as:
  - Music with headphones
  - A support person, either in-person or virtually

After:

- **Engage your support network to assist you with any potential side effects.** We all have different side effects to the vaccine; reach out to any friends, family, or support people to help with activities of daily living, childcare, etc.

[www.disasterstrategies.org](http://www.disasterstrategies.org)

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