

## Preparing for the COVID-19 Vaccine as a Parent with a Disability

### What Should Parents with Disabilities Do to Prepare for the 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

#### Things to think about:

- If you have a partner, you might want to plan your vaccines at different times.
- Planning for additional and backup child care. Maybe you can trade extra child care with another parent getting vaccinated at a different time.
- If your child/children are old enough, explain that you are getting the vaccine and may feel sick, but it will help you and your family stay safe from COVID.
- Having a few days supplies of groceries.
- Having a supply of diapers or other items your children might need.
- Having over-the-counter medication or prescription medication you may need.
- If you usually prepare meals, prepare them ahead of time and freeze them.

#### Remember:

Not everyone has side effects from injections of the vaccine, but **everyone should plan**.

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