



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

Even if you are vaccinated it is still critical that your personal assistants or other people who have intimate contact with you also receive a COVID-19 vaccine. [COVID-19 vaccines](#) reduce the chance of you getting COVID-19 up to 95%.

You need to prepare for your personal assistants not being able to work with you one or more days after they get the vaccine. Some people have little or no reaction to being vaccinated. Others have reactions to just one and a few people experience strong side effects to each.

Make sure that you have backup assistance after your personal assistants receive each vaccine. Your personal assistant being vaccinated will keep them and you healthy!