

Getting a Vaccine to Prevent Me From Getting COVID-19 to Keep Me Healthy

A SOCIAL STORY
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HOWARD COUNTY
AUTISM SOCIETY



I need to have a vaccine because it will help to keep me healthy. A vaccine is a medicine that gets put into my arm so that I will not get Covid-19. Many scientists have worked very hard to get just the right formula for me. I can get this vaccine at my doctor's office or a clinic or a hospital.



We will drive or walk to the doctor's office or clinic or hospital. I can bring my favorite toy or game with me.

I can even listen to music when I get my vaccine if I want to!



When we arrive at the clinic or office or hospital, I will need to put on my mask when I get out of the car. My family will give the doctor or pharmacist any information they need to know about me, like my name and my age.





I will go into a room. I may see people dressed up in gowns, gloves, masks, and face shields. Even though I can't see their faces, the helpers are very glad to see me and want to take good care of me! They are happy and enjoy giving me my vaccination to keep me from getting sick.



When it is time for my vaccination, it is important for me to sit still and keep my hands on my body while the helper does the rest. My family can sit with me to help me to follow directions. The helper will wipe my arm with a cold, wet cotton or swab. The helper will quickly put a needle into my arm and take it out again. It may feel like a pinch or a poke, but it will be over very quickly. The helper will put a bandage over the spot where I got my vaccination.

My vaccination is done!
My family will be very happy
that I am keeping myself from
getting sick. I can wave
goodbye to the helpers
and go home.



In a few weeks, I will go back to the doctor's office or clinic or hospital to have a second vaccination. I will not be afraid because I know that I will only be uncomfortable for a very short time. I know that the helpers are proud of my behavior and are happy to see me again.



I am proud of myself. I was brave and calm and made safe choices. I am keeping myself healthy.



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