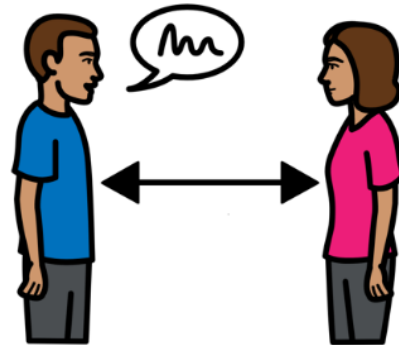


# My story about getting a COVID-19 vaccine

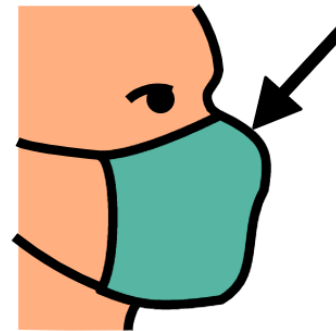


COVID-19 is a virus that can make some people very sick. To help stop the spread of the virus and to help you from getting sick you can:

**Wash Hands    Socially Distance    Wear a Mask    Use Sanitiser**



1.5 metres apart



You may also be able to get the COVID-19 vaccine.

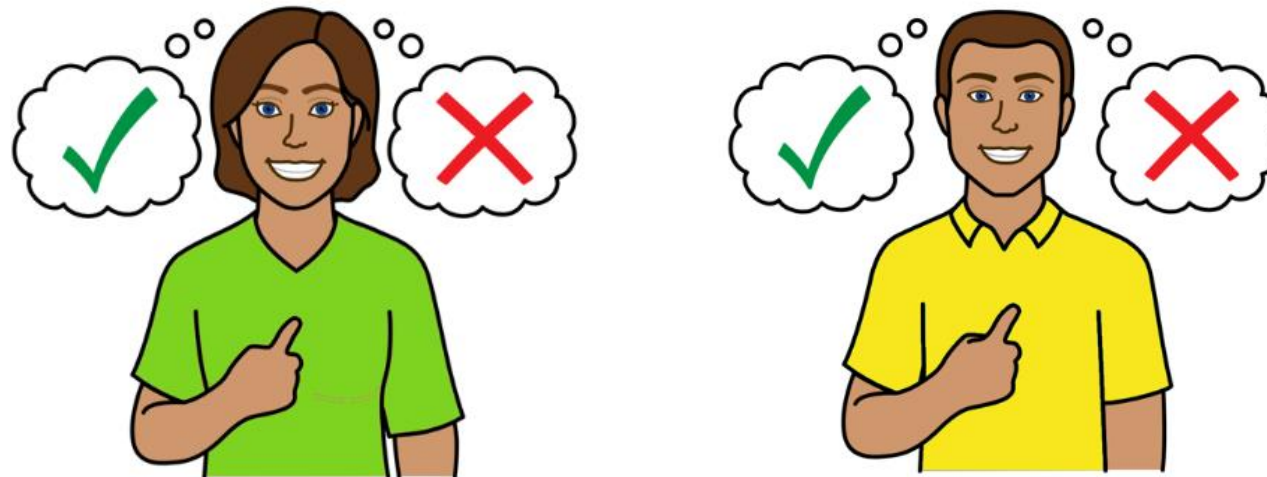


A vaccine is a type of medicine that is injected in your upper arm to help you to fight the virus and can stop you from getting very sick if you get COVID-19.

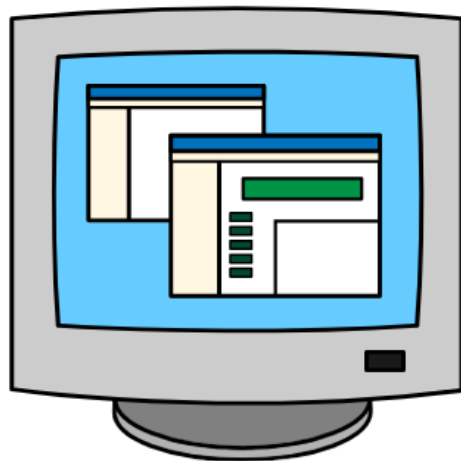
For most people getting an injection feels like a small pin prick and lasts a few seconds.



If you are 12 years or older you can choose to get the vaccine or not in South Australia.



If you have questions about the vaccine, you can look at the South Australian Health Website or book an appointment and talk to a General Practitioner or Doctor about it.



If you choose  to get vaccinated, you can:

Make a booking online through the SA Health Website.



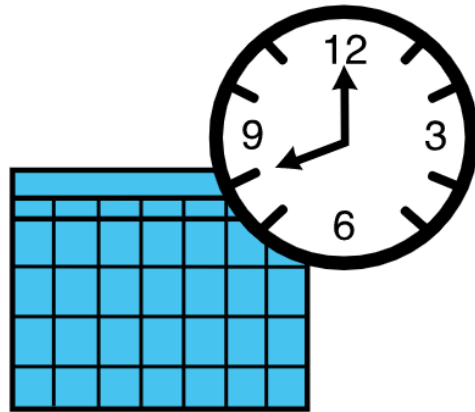
Make a booking through a GP. You may need to phone and ask first.



Make a booking through a Pharmacy. You may need to phone and ask first.



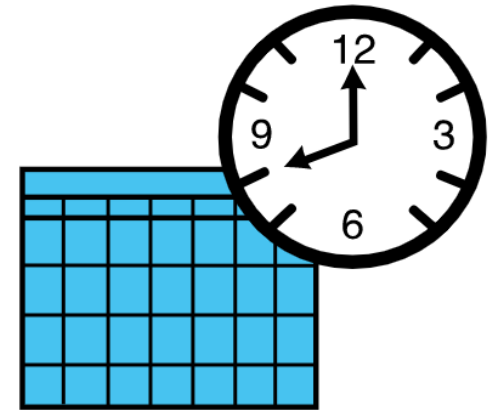
You will need to get the vaccine two times. One on one day and the second one on another day. This is to make your body stronger to fight the virus if you get it.



1st visit



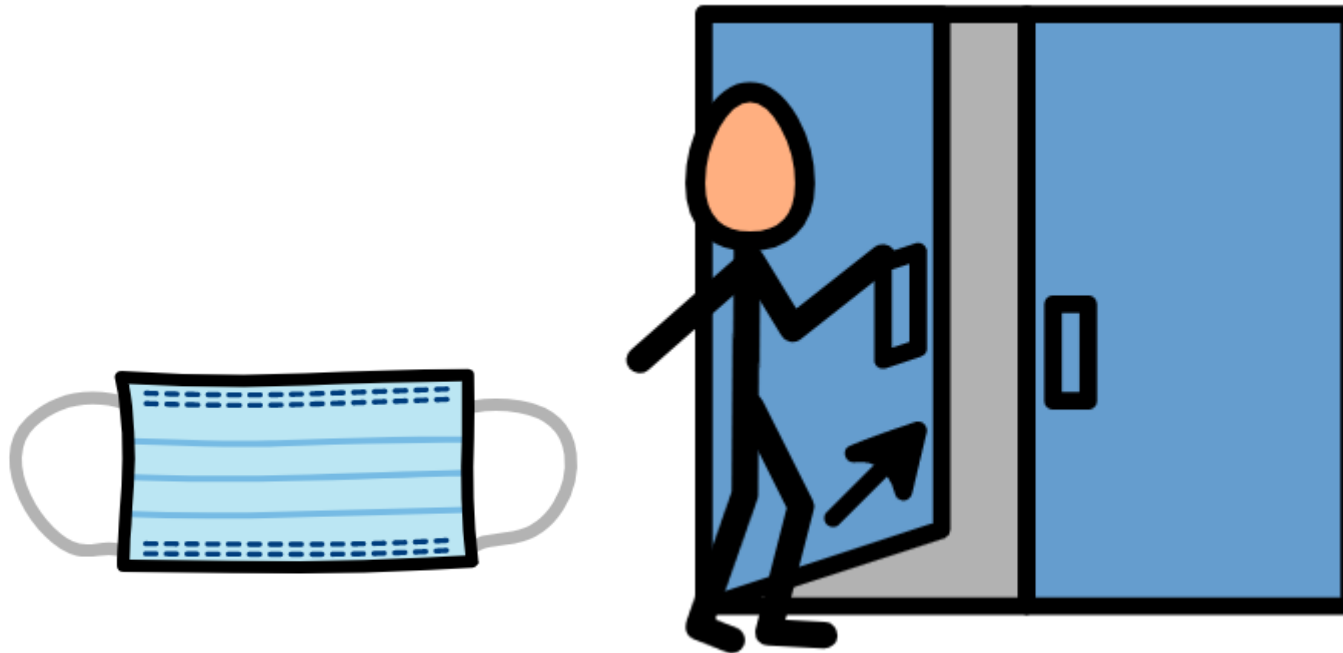
Time



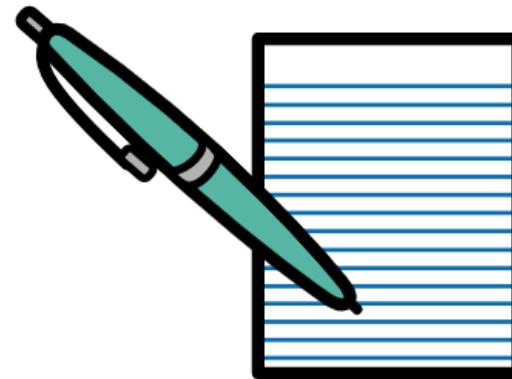
2nd visit



When you arrive to get your vaccine, you may need to wear a mask before going inside.



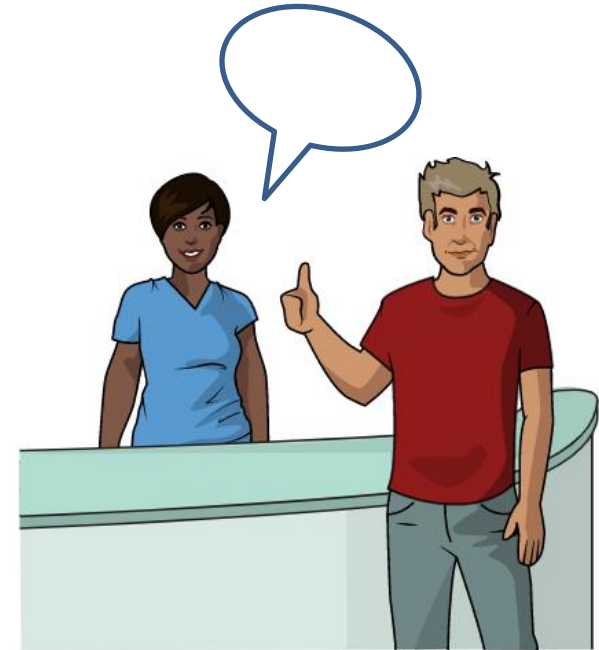
You will need to check in using a QR code reader on a mobile phone or paper sign in sheet.



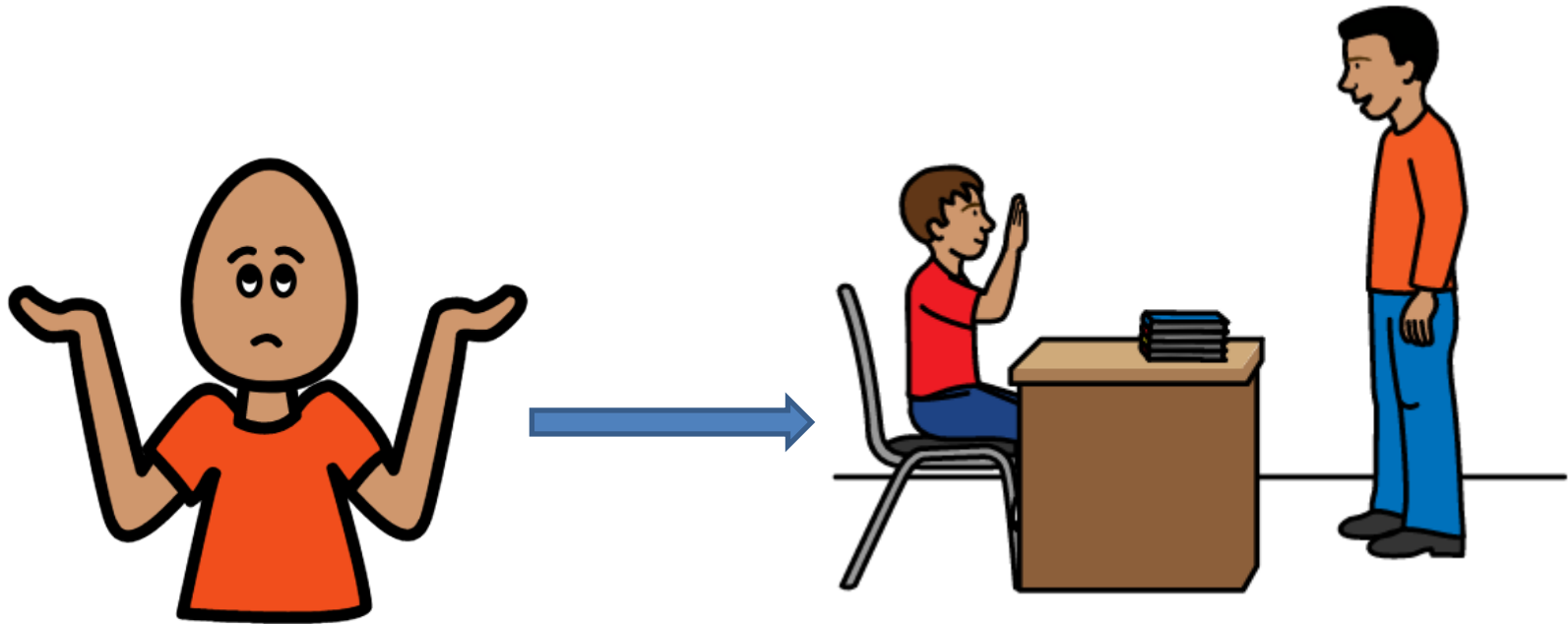
Follow the directions from staff and the signage that will tell you what to do.

Staff will ask you some pre-questions or get you to fill in a form about:

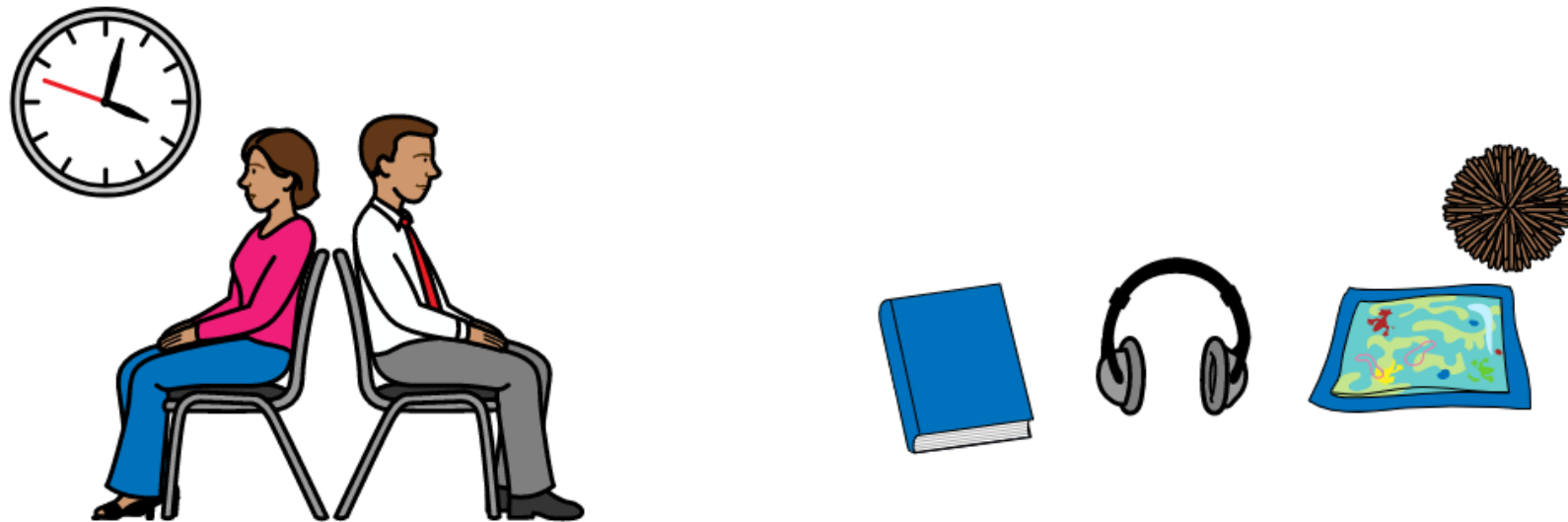
1. Who you are
2. Where you live
3. Your phone number
4. Your Medicare card number, and
5. Questions about your health.



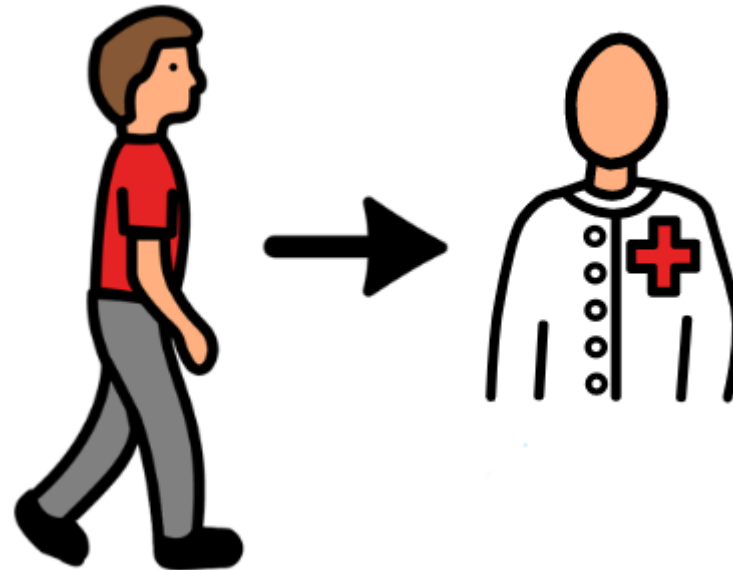
If there is a question that you do not understand, you can ask for help.  
It is important that you answer the questions correctly. This helps to  
make sure that you get the correct vaccine for you.



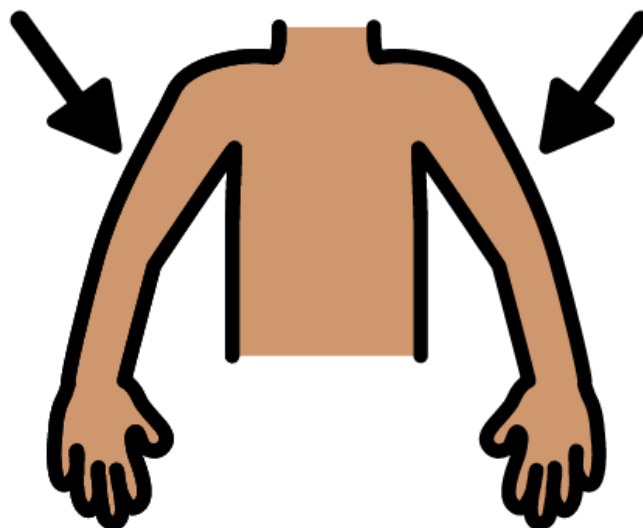
It is likely that you will then have to wait. You can take things with you like a book, music or a fidget to help you wait if you want.



When you are directed you should follow the person into a room or private space. They might ask some more questions about you before giving you the vaccine.

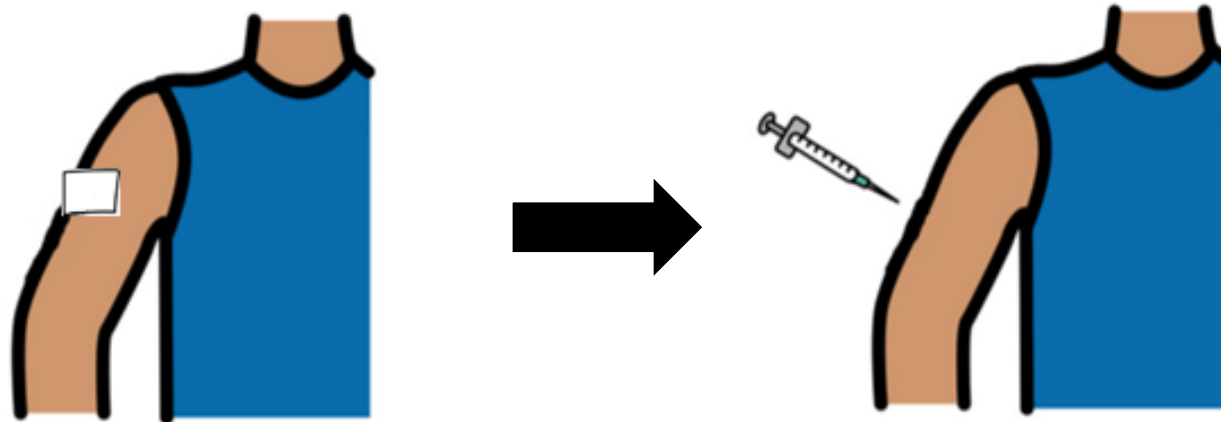


You might be asked which arm you prefer to have the vaccine injected.



It is best to have the needle in the opposite arm to the one that you write with. Sometimes your arm can feel sore after an injection.

They are likely to wipe the top part of your arm with a swab to clean your skin first and then put the needle in your arm. You might feel a pinch when the needle goes in.





It is important to stay still while they do this.



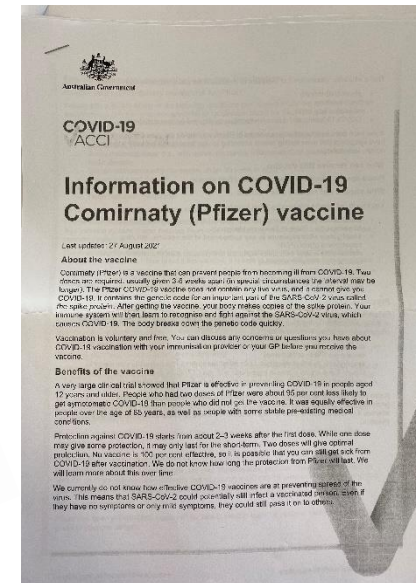
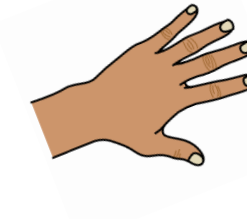
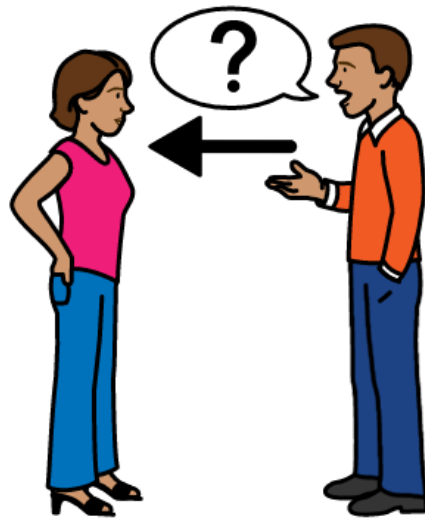
If you are anxious, you might look at something else in the room or close your eyes.



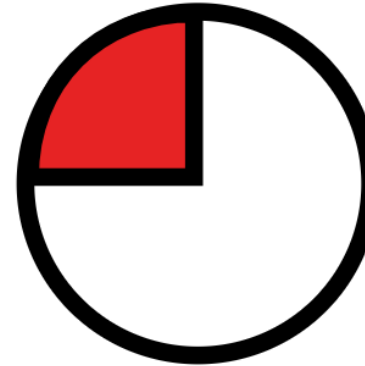
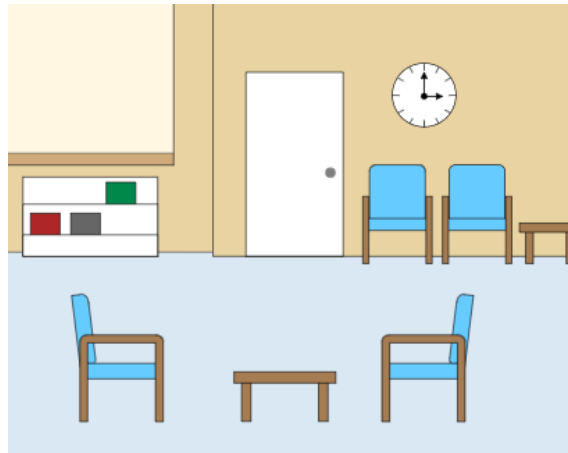
When the needle comes out, they might cover your arm with a cotton ball and tape or band-aid.



You might be asked some more questions and given information about the COVID-19 vaccine to take home.

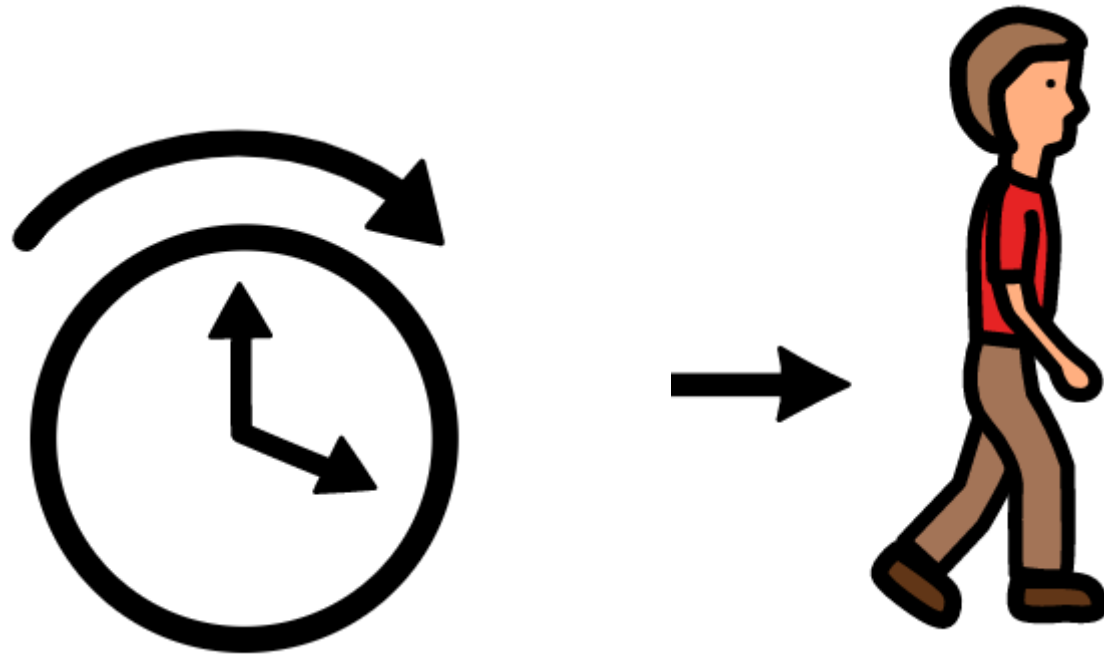


You will probably need to wait in a waiting area for around 15 minutes after your vaccine. This is to make sure you are feeling ok. You can read a book, look at your phone or use a fidget while you are waiting.

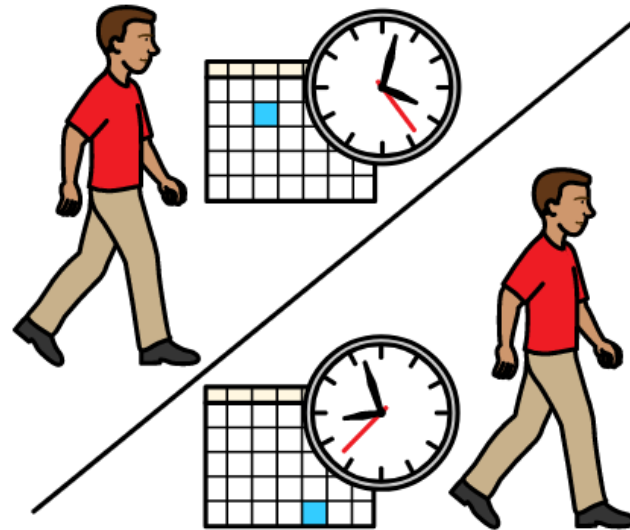


15 minutes

After the time that you have been asked to wait is over, you can leave.



When you come back for your second appointment, you need to do this again.



You might feel proud of yourself for helping to keep you and others safe from COVID-19 by getting the vaccine.



## I can get more information or help from:



For more information you can go to South Australian Health website and look at the *COVID-19 vaccine What to expect when you have your vaccination* Easy Read fact sheet

**<https://www.health.gov.au/sites/default/files/documents/2021/07/covid-19-vaccination-what-to-expect-when-you-have-your-vaccination-easy-read.pdf>**





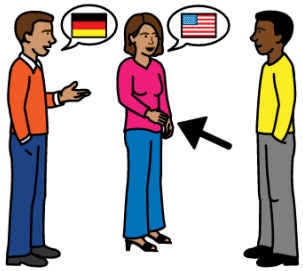
You can call the National Coronavirus and COVID-19 Vaccine Helpline on **1800 020 080**.



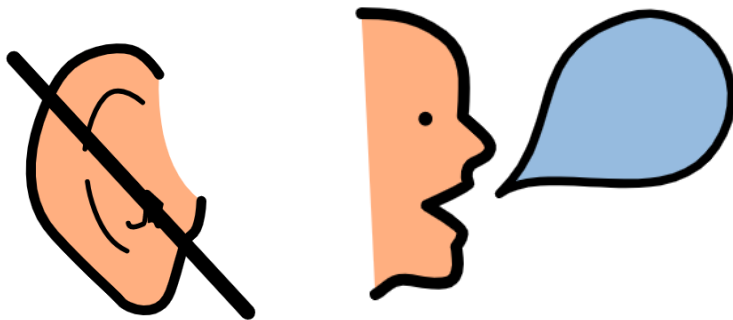
You can call the Disability Gateway on **1800 643 787**. They are open from 8 am to 8 pm, Monday to Friday.



You can visit the Department of Health website at **[www.health.gov.au](http://www.health.gov.au)** for more information about the vaccine.



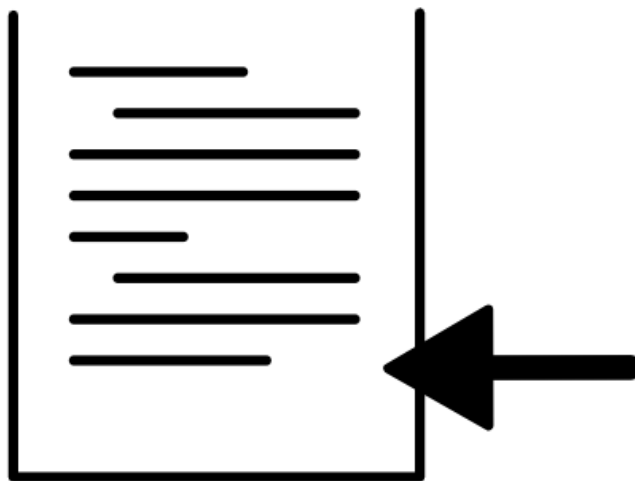
If you need information in a language other than English, call the Translating and Interpreting Service on **131 450**.



If you are deaf, or have a hearing or speech impairment, you can call the National Relay Service on **133 677**.



For more information on Autism SA supports and services, you are welcome to contact My Pathways at [mypathways@autismsa.org.au](mailto:mypathways@autismsa.org.au), on 1300 288 476 or via LiveChat on our website [autismsa.org.au](https://autismsa.org.au)



**THE END.**