

COVID-19 Vaccines: What teens should know

AUDIO DESCRIBED TRANSCRIPT

[A student wearing a mask is talking in a classroom]

Looking forward to going back to school in-person?

[Teenage girls run soccer drills]

Not having sports or other activities paused because of quarantine?

[Two friends hang out watching a video on a laptop.]

Being able to hang out with family and friends? The COVID-19 vaccines are our way back to all of these things.

[Title card: COVID-19 vaccines: what you should know]

It's normal for young people or their parents to have questions before getting vaccinated.

[A doctor talks on a headset for a telehealth visit]

If you have questions, ask a doctor. Here are some fast facts:

[Animated icons appear and disappear as the facts are listed off. First a check mark appears]

- The COVID-19 vaccines are safe.

[A microscope appears]

- Just like for adults, they were studied in teens, so we know they work and are safe.

[a sticker with the word "free" appears]

- The COVID-19 vaccine is free and you do not have to show an ID.

[A baby carriage appears]

- COVID-19 vaccines do not cause infertility.

[Title card: 5 ways to relax when you get your vax]

No one likes shots, but there are things you can do to help relax!

[The scene scrolls down and animated icons come in and out of view as the tips are listed off. The scene starts on a pair of headphones.]

- Listen to your favorite music with headphones.

[an icon of lungs takes a breath]

- Take slow, deep breaths.

[two cartoon eyeballs smile and hold hands]

- Make eye contact with a supportive person.

[a vision test poster is blurry a pair of glasses wave over it and through the lenses the letters come into focus]

- Focus on something in the room, like trying to read the fine print of a poster.

[toes on a foot icon wiggle]

- Distract yourself, try to wiggle just your big toe.

[A storm cloud appears with a frowning sun behind it. The sun has a band aid.]

You may not feel well for a day or so after getting vaccinated, but it's usually mild.

[The storm cloud disappears and fluffy white clouds appear. The sun smiles]

And, it's a lot better than being out of school or other activities for days or weeks because you're sick with COVID-19 or need to quarantine if you get exposed to someone with COVID-19.

[Narration reads a title card]

Remember, parent or guardian permission is needed for vaccination if you're under 18. If your parent or guardian is not able to go with you, call the clinic and ask about their consent process.

[The screen is shown of a person navigating through the vaccines.gov website.]

There are many places to find a COVID-19 vaccine. Not all COVID-19 vaccines are available for people younger than 18, so check to make sure the place you want to go has a vaccine you can get. You can search for locations near you and sort by types of vaccines at www.vaccines.gov.

[Roll Up Your Sleeves, Minnesota logo.]

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