COVID-19 Vaccines: What teens should know

AUDIO DESCRIBED TRANSCRIPT

[Audio of a student wearing a mask in a classroom]
Looking forward to going back to school in-person?

[Audio of teenage girls running soccer drills]
Not having sports or other activities paused because of quarantine?

[Audio of two friends hanging 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.

[Audio of a doctor talking 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.
[Audio of a microscope]

▪ Just like for adults, they were studied in teens, so we know they work and are safe.
[Audio of a sticker with the word “free”]

▪ The COVID-19 vaccine is free and you do not have to show an ID.
[Audio of a baby carriage]

▪ 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.
[Audio of lungs taking a breath]

▪ Take slow, deep breaths.
[Audio of cartoon eyeballs smiling and holding hands]

▪ Make eye contact with a supportive person.
[Audio of vision test poster being blurry as 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.
Distract yourself, try to wiggle just your big toe.

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

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.

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.

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](http://vaccines.gov).

To obtain this information in a different format, call: 651-201-4989.