



# Getting Vaccinated

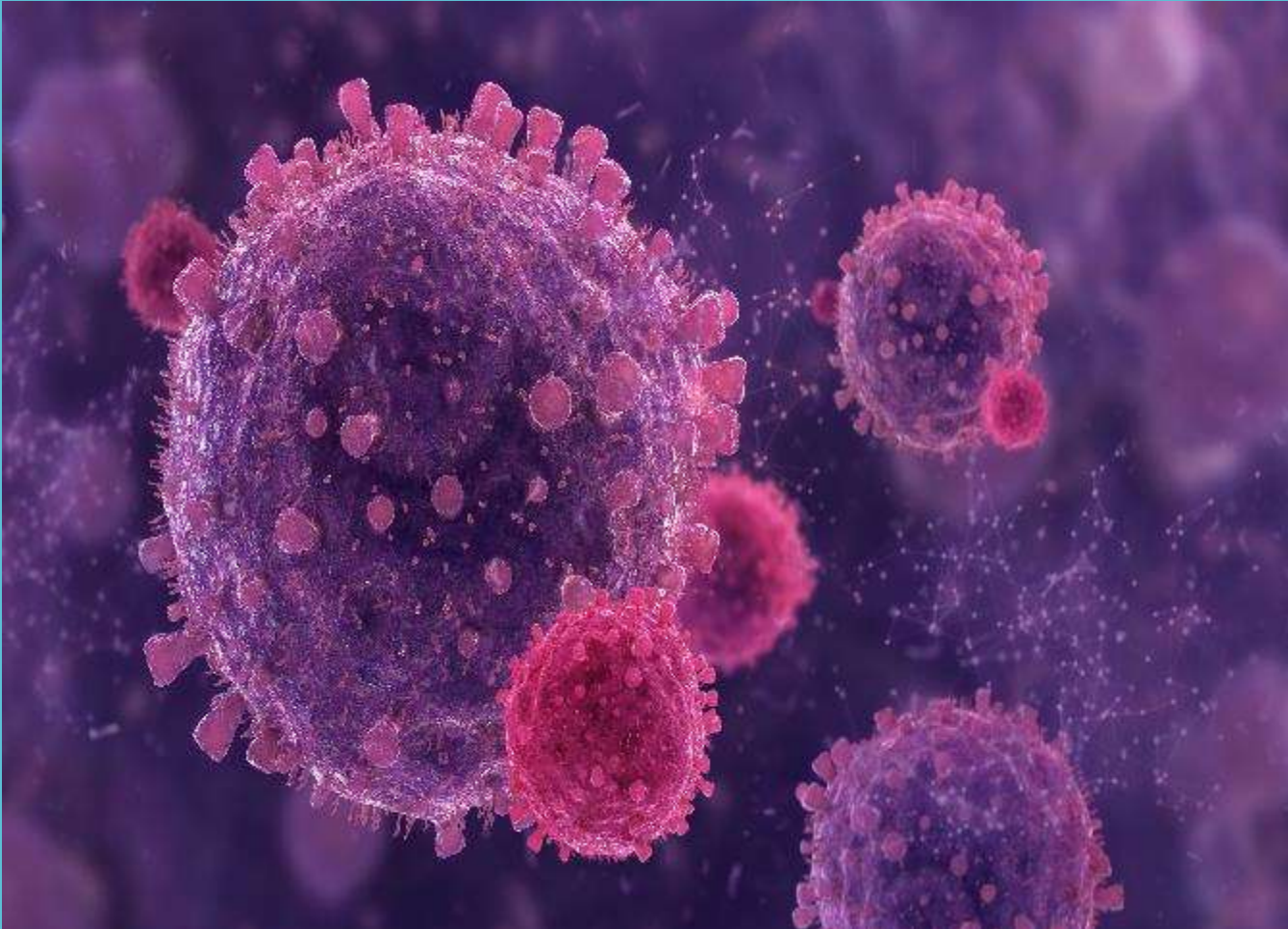
A Visual Resource Guide



Being sick is challenging.

It can affect your daily life, like going to work, school, or meeting with others.

Sometimes, it can be serious. Especially if germs are spread to others.



Luckily, scientists created *vaccines* that can keep us healthy and safe.

A *vaccine* is a specific kind of medicine that helps your body build *immunity* which helps fight against illness or disease.



You might hear others talking about the COVID-19 vaccine, the Flu vaccine, and other vaccines.

Let's see what happens when people get a *vaccine*...



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# Where and How to Schedule a Vaccine Appointment



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There are many places where you can schedule an appointment for the COVID-19 and other vaccines.

You can call your doctor's office, nurse, or clinic to schedule an appointment.



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You can call a pharmacy close to where you live to schedule an appointment.

Another option is the pharmacy at a supermarket or a “Little Clinic” at the supermarket.



Insurance Company Name: \_\_\_\_\_

Plan Type: \_\_\_\_\_ Member Name: \_\_\_\_\_

Member ID Number: \_\_\_\_\_

Prescription Copay: \_\_\_\_\_

Generic: \$ \_\_\_\_\_ Office Visit Copay: \$ \_\_\_\_\_

Name Brand: \$ \_\_\_\_\_ Emergency Room Copay: \$ \_\_\_\_\_

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You can call your health insurance provider, like Medicaid, to help you, too.

You can also check with your local health department about vaccine clinics in your area.





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If you are a Veteran,  
the Veterans Affairs  
(VA) System will  
provide a COVID-19  
vaccine for you.



Sometimes, you will need to go online on a computer to schedule your appointments.



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When you schedule your vaccine appointment, make sure you ask if you need one shot, two shots, or more.

Sometimes, you schedule all of your vaccine appointments at the same time.

Other times, you may schedule your follow-up shot(s) after you received your first shot.



# What Happens When You Get the Vaccine



Most vaccines are given by *injection*, also known as a shot.

This means the nurse or pharmacist will use a small needle to put the medicine in your arm.



Before your shot, the nurse or pharmacist will clean your arm with a cotton ball or wipe.



Sometimes the wipe feels cold and wet, but it does not hurt.



A shot has a small needle. Some people are uneasy about shots.

It's normal to be nervous or anxious.



## Tips to help when getting a shot:

- Squeeze someone's hand.
- Look away.
- Distract yourself with something, like listening to music, playing a game on your phone, or clicking a pen.
- Take 5 deep breaths.
- Slowly count to 10.





The nurse or pharmacist will give you the shot.

This happens quickly and feels like a pinch.



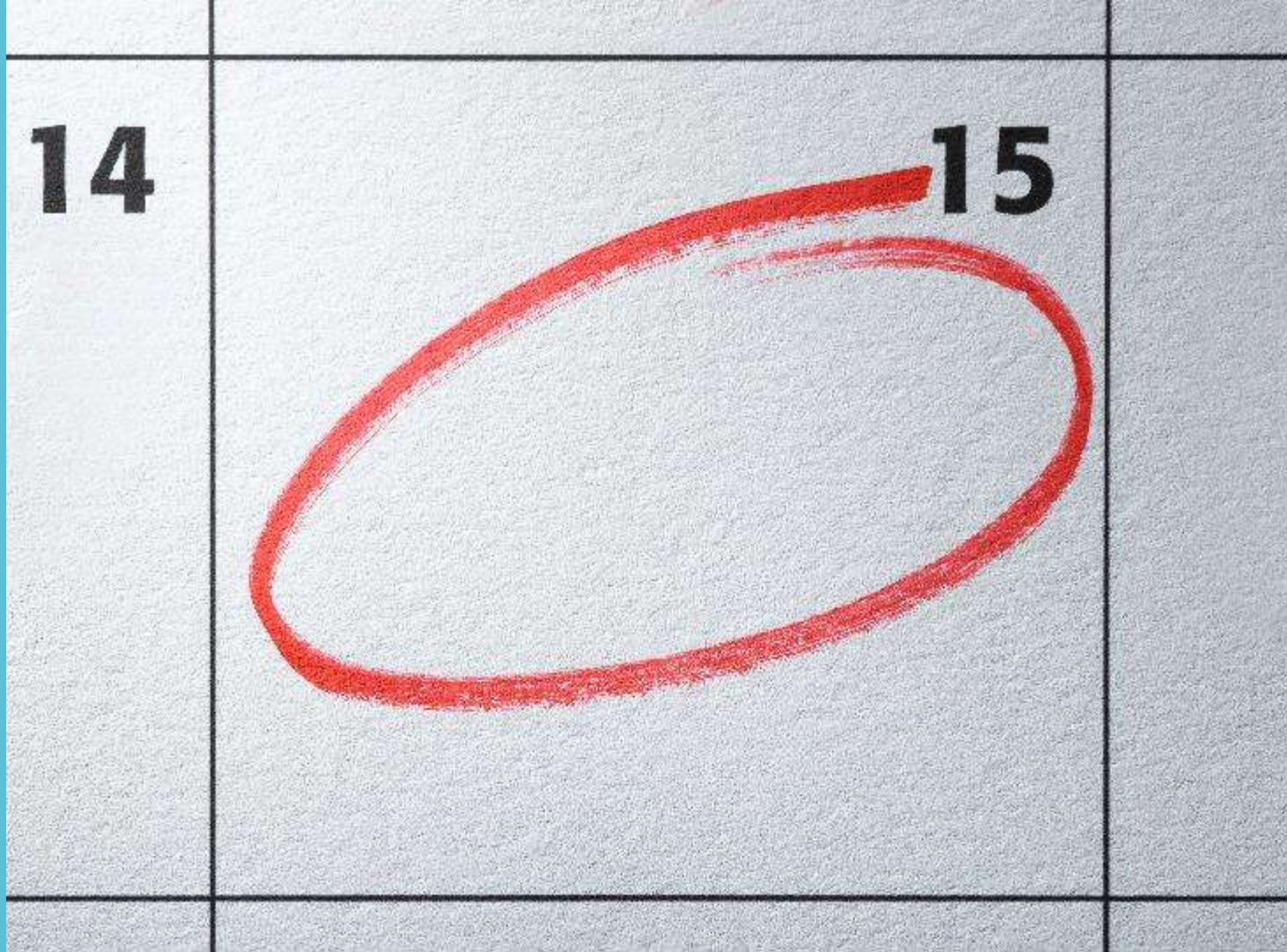
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You may have to wait for 15 or 20 minutes after you received your shot.

The doctor, pharmacist, or nurse wants to make sure that you feel fine after you got your shot.



Bring something with you to distract you while you wait, like a game on a device, your phone, a magazine, or a fidget.



Sometimes, you will need more than one shot for your vaccine to work best.

Other times, you will need the same shot each year.

# Recommended Adult Immunization Schedule for ages 19 years or older

UNITED STATES  
**2022**

## How to use the adult immunization schedule

- 1** Determine recommended vaccinations by age (**Table 1**)
- 2** Assess need for additional recommended vaccinations by medical condition or other indication (**Table 2**)
- 3** Review vaccine types, frequencies, intervals, and considerations for special situations (**Notes**)
- 4** Review contraindications and precautions for vaccine types (**Appendix**)

Recommended by the Advisory Committee on Immunization Practices ([www.cdc.gov/vaccines/acip](http://www.cdc.gov/vaccines/acip)) and approved by the Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), American College of Physicians ([www.acponline.org](http://www.acponline.org)), American Academy of Family Physicians ([www.aafp.org](http://www.aafp.org)), American College of Obstetricians and Gynecologists ([www.acog.org](http://www.acog.org)), American College of Nurse-Midwives ([www.midwife.org](http://www.midwife.org)), and American Academy of Physician Associates ([www.aapa.org](http://www.aapa.org)), and Society for Healthcare Epidemiology of America ([www.shea-online.org](http://www.shea-online.org)).

### Vaccines in the Adult Immunization Schedule\*

Vaccine	Abbreviation(s)	Trade name(s)
<i>Haemophilus influenzae</i> type b vaccine	Hib	ActHIB® Hiberix® PedvaxHIB®
Hepatitis A vaccine	HepA	Havrix® Vaqta®
Hepatitis A and hepatitis B vaccine	HepA-HepB	Twintrix®
Hepatitis B vaccine	HepB	Engerix-B® Recombvax HB® HepISav-B®
Human papillomavirus vaccine	HPV	Gardasil 9®
Influenza vaccine (inactivated)	IIV4	Many brands
Influenza vaccine (live, attenuated)	LAIV4	FluMist® Quadrivalent
Influenza vaccine (recombinant)	RM4	Flublok® Quadrivalent
Measles, mumps, and rubella vaccine	MMR	M-M-R II®
Meningococcal serogroups A, C, W, Y vaccine	MenACWY-D MenACWY-CRM MenACWY-TT	Menactra® Menvac® MenQuadfi®
Meningococcal serogroup B vaccine	MenB-4C MenB-FHbp	Bexsero® Trumenb®
Pneumococcal 15-valent conjugate vaccine	PCV15	Vaxneuvance™
Pneumococcal 20-valent conjugate vaccine	PCV20	Prevnar 20™
Pneumococcal 23-valent polysaccharide vaccine	PPSV23	Pneumovax 23®
Tetanus and diphtheria toxoids	Td	Tenivac® Tdvax™
Tetanus and diphtheria toxoids and acellular pertussis vaccine	Tdap	Adacel® Boostrix®
Varicella vaccine	VAR	Varivax®
Zoster vaccine, recombinant	RZV	Shingrix

\*Administer recommended vaccines if vaccination history is incomplete or unknown. Do not restart or add doses to vaccine series if there are extended intervals between doses. The use of trade names is for identification purposes only and does not imply endorsement by the ACIP or CDC.

### Report

- Suspected cases of reportable vaccine-preventable diseases or outbreaks to the local or state health department
- Clinically significant postvaccination reactions to the Vaccine Adverse Event Reporting System at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or 800-822-7957

### Injury claims

All vaccines included in the adult immunization schedule except pneumococcal 23-valent polysaccharide (PPSV23) and zoster (RZV) vaccines are covered by the Vaccine Injury Compensation Program. Information on how to file a vaccine injury claim is available at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

### Questions or comments

Contact [www.cdc.gov/cdc-info](http://www.cdc.gov/cdc-info) or 800-CDC-INFO (800-232-4636), in English or Spanish, 8 a.m.–8 p.m. ET, Monday through Friday, excluding holidays.



Download the CDC Vaccine Schedules app for providers at [www.cdc.gov/vaccines/schedules/hcp/schedule-app.html](http://www.cdc.gov/vaccines/schedules/hcp/schedule-app.html).

### Helpful Information

- Complete Advisory Committee on Immunization Practices (ACIP) recommendations: [www.cdc.gov/vaccines/hcp/acip-recs/index.html](http://www.cdc.gov/vaccines/hcp/acip-recs/index.html)
- *General Best Practice Guidelines for Immunization* (including contraindications and precautions): [www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html](http://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html)
- Vaccine information statements: [www.cdc.gov/vaccines/hcp/vis/index.html](http://www.cdc.gov/vaccines/hcp/vis/index.html)
- Manual for the Surveillance of Vaccine-Preventable Diseases (including case identification and outbreak response): [www.cdc.gov/vaccines/pubs/surv-manual](http://www.cdc.gov/vaccines/pubs/surv-manual)
- Travel vaccine recommendations: [www.cdc.gov/travel](http://www.cdc.gov/travel)
- Recommended Child and Adolescent Immunization Schedule, United States, 2022: [www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html](http://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html)
- ACIP Shared Clinical Decision-Making Recommendations: [www.cdc.gov/vaccines/acip/acip-scdm-faqs.html](http://www.cdc.gov/vaccines/acip/acip-scdm-faqs.html)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

Scan QR code  
for access to  
online schedule



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Adults, just like children, also have an immunization schedule.

We will need vaccinations throughout our lives.

Here is a link to an adult vaccination schedule:

<https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>



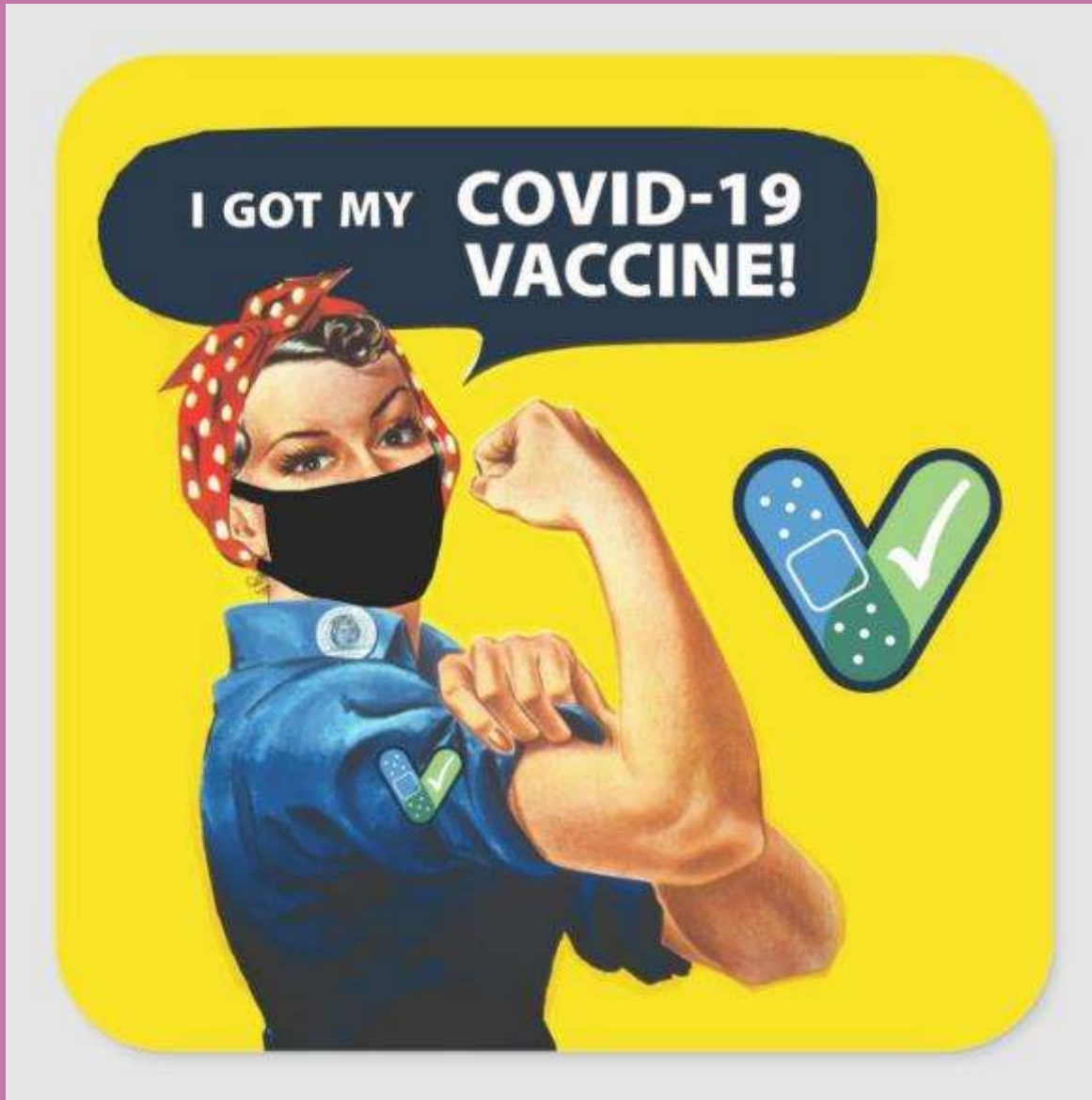
After getting a vaccine, some people have *side effects*.

This means that you may:

- Have a sore arm
- Feel tired
- Have a headache

This is normal and goes away after a couple of days.

These side effects let us know that the vaccine is starting to work.



When you are vaccinated and take certain precautions, you are keeping yourself and your community safe.

# Help Protect Yourself and Others | COVID-19 |

Stay up to date on  
COVID-19 vaccinations



Wear a mask indoors  
When COVID-19 Community Level is high

Avoid crowds and poorly ventilated spaces



Test to prevent spread to others

Wash your hands often



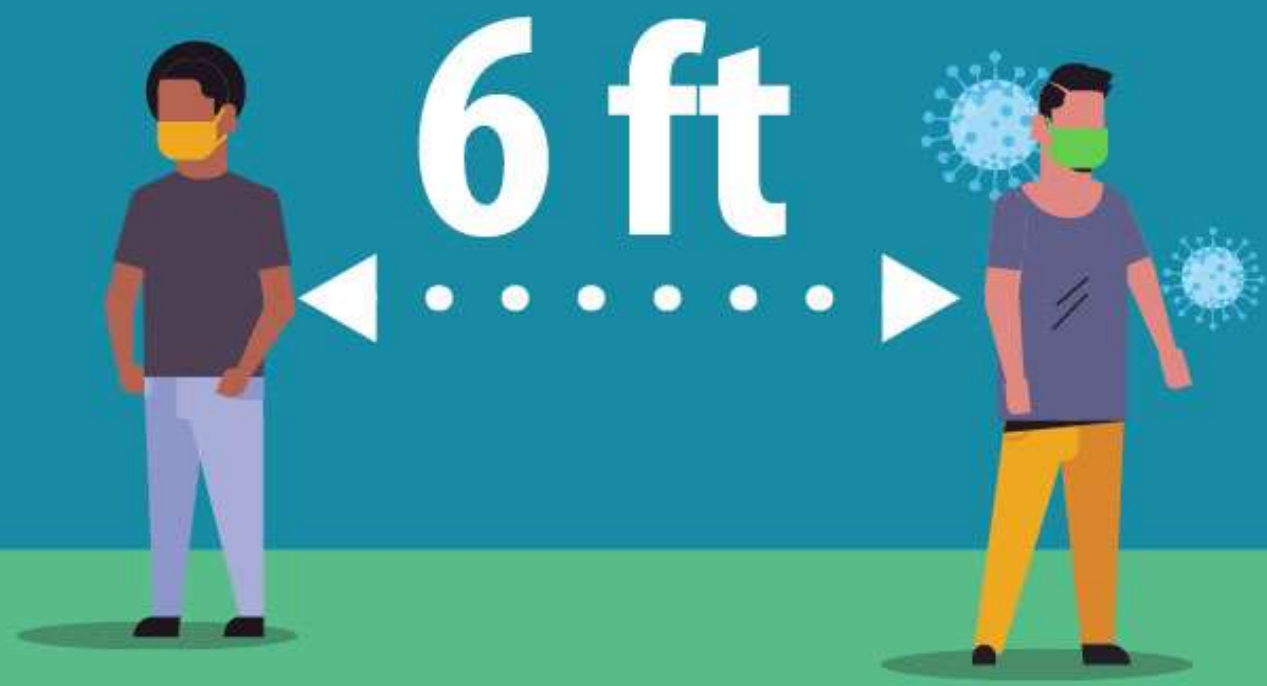
To stay healthy, it is also helpful to continue to wear your mask, wash your hands often, and avoid big crowds.



# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length)  
from other people.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

**Wear a mask to protect yourself and others.**



COVID-19 carrier

Healthy person



# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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# How to Use Hand Sanitizer the Right Way

1



**Apply** sanitizer to hands.

2



**Cover** all surfaces of hands.

3



**Rub** hands together until dry.

LIFE IS BETTER WITH

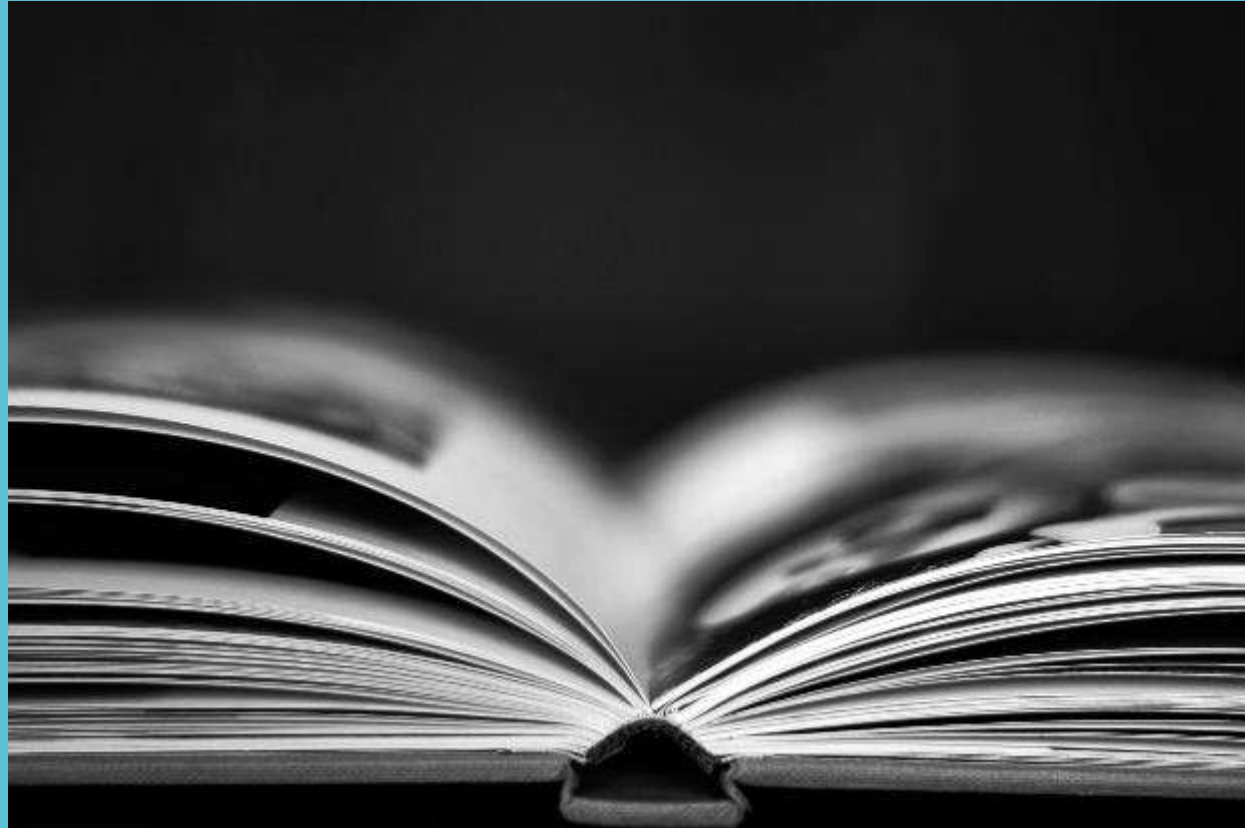
**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



# Resources



# Scheduling a COVID-19 Vaccine Appointment

- Call your doctor's office, nurse, or clinic to schedule a vaccine appointment
- Call your local pharmacy to schedule a vaccine appointment
- Go online to [www.walgreens.com](http://www.walgreens.com) , [www.cvs.com](http://www.cvs.com) <https://www.kroger.com/rx/guest/get-vaccinated> to schedule a vaccine appointment online

# Scheduling a COVID-19 Vaccine Appointment



Find COVID-19  
Vaccines Near You

Visit [Vaccines.gov](https://www.vaccines.gov)

Or Call [1-800-232-0233](tel:1-800-232-0233)



Encuentre vacunas contra  
el COVID-19 cerca  
de usted

Visite [vacunas.gov](https://www.vacunas.gov)

Llame al [1-800-232-0233](tel:1-800-232-0233)



# Scheduling a COVID-19 Vaccine Appointment



[Vaccines.gov](https://www.vaccines.gov) - Find COVID-19 vaccine locations near you



# National Disability Information and Access Line (DIAL)

<https://acl.gov/DIAL>






- Can help with finding vaccination location
- Can help with scheduling
- Can provide referral to other local support resources

**888-677-1199**  
Monday-Friday  
9 a.m. to 8 p.m. ET

Or email  
[DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org)

## DISABILITY INFORMATION AND ACCESS LINE (DIAL)

COVID-19 vaccination support for people with disabilities

-  Help finding local vaccination locations
-  Assistance with vaccination appointments
-  Connecting callers to local support services
-  Answering common vaccine questions
-  Locating resources to address concerns

**CONNECT WITH ESSENTIAL SERVICES**

The hotline can also connect callers to services that promote independent living and address fundamental needs like food, housing, and transportation.

DIAL was created through a partnership between the Administration for Community Living (ACL) and the Centers for Disease Control and Prevention (CDC) to help older adults and people with disabilities get COVID-19 vaccines. It is run as a collaboration between USAging and a group of organizations serving people with disabilities, including:

- Association of Programs for Rural Independent Living (APRIL)
- Association of University Centers on Disabilities (AUCD)
- Independent Living Research Utilization (ILRU)
- National Association of Councils on Developmental Disabilities (NACDD)
- National Council on Independent Living (NCIL)
- National Disabilities Rights Network (NDRN)
- The Partnership for Inclusive Disaster Strategies

Learn more about DIAL at [ACL.gov/dial](https://acl.gov/dial).



# Ohio Department of Health

Questions about  
COVID-19?

Visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov) or  
call 1-833-4-ASK-ODH for answers.  
(1-833-427-5634)

Ohio Department of Health call center is ready to answer your questions about COVID-19

**1-833-4-ASK-ODH (1-833-427-5634)**

You can also chat with our [Virtual Assistant](https://gettheshot.coronavirus.ohio.gov) at [gettheshot.coronavirus.ohio.gov](https://gettheshot.coronavirus.ohio.gov) for any COVID-19 vaccine, registration, and scheduling questions.

The COVID-19 call center is 9am to 8pm every day of the week (even holidays).

# Local Health Departments

National Association of County and City Health Officials (NACCHO)'s Directory of Local Health Departments:

<https://www.naccho.org/membership/lhd-directory?searchType=standard&lhd-state=OH>

Local Health Departments may be able to assist with COVID-19 vaccinations and other public health needs

# Ohio Area Agencies on Aging

- <http://ohioaging.org/area-agencies/>
- Area Agencies on Aging may be able to help with COVID-19 resources, vaccinations, and many other long-term services and support
- Connect with your regional/local Area Agency on Aging for support and services
- If your Area Agency on Aging has an **Aging and Disability Resource Center (ADRC)**, connect with the ADRC for referral, support and services

# Veterans Affairs (VA)

- If you are a veteran, contact your VA Healthcare System to get a vaccine
- <https://www.visn10.va.gov/>
- <https://www.va.gov/health-care/covid-19-vaccine/>

# University of Cincinnati Center for Excellence in Developmental Disabilities

University of Cincinnati Center for Excellence in Developmental Disabilities COVID-19 and vaccine info

<https://www.ucucedd.org/vax-learn-more/>

# Centers for Independent Living

Centers for Independent Living (CILs) in Ohio:

<http://www.ohiosilc.org/centers-for-independent-living>

- Ohio has 12 CILs
- CILs are one-stop resources for Ohioans with disabilities
- CILs assist people with disabilities to live independently in the community
- CILs provide a variety of programs and services