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Tips for Talking About COVID-19 Vaccines With Friends and Family

As COVID-19 vaccines have become more widely available in the United States, many people still have concerns about getting vaccinated. Having open discussions with loved ones about the vaccine can help reduce their hesitancy.

The Centers for Disease Control and Prevention provides the following tips for engaging in thoughtful discussions with your friends and family about COVID-19 vaccines:

- **Listen to their questions with empathy.** It's important to acknowledge their emotions so they know they have been heard.
- **Ask open-ended questions to explore their concerns.** Prompting more than a yes-or-no answer can help you understand what they are worried about or where they learned troubling information.
- **Ask permission to share information.** Once you understand your friend's or family member's question or concern, ask if you can provide some information, and tell them where you get information you trust.
- **Help them find their own reason to get vaccinated.** People are more motivated to get vaccinated when they have a specific reason—to protect their family, to be less anxious, to visit their parents or return to work or school.
- **Help make their vaccination happen.** Offer to help them make a vaccination appointment, provide transportation or babysit if they need child care.

As a trusted messenger to your family and friends, you can play a role in their decision to vaccinate. If you have questions about COVID-19 vaccines, talk to your health care provider.

