

HOW TO TALK TO FRIENDS AND FAMILY ABOUT COVID-19 VACCINES



You can help end the pandemic by talking to the people closest to you about COVID-19 vaccines. Here are some tips for starting meaningful conversations:



Listen to their point of view without judgment. If they haven't been vaccinated yet, there's probably a reason. It's normal to have questions about what you put into your body. Ask open-ended questions about their concerns. Be respectful, and don't interrupt.

Ex: "It sounds like you're trying to figure out what's best for your health. What concerns are stopping you from getting vaccinated?"



Talk about your decision to get vaccinated. Many Americans are waiting to see what their friends and family do. If you're comfortable doing so, you should share details about your vaccine experience.

Ex: "I'm so relieved I got my vaccine so I can visit family and friends without worrying."



Ask if you can share information with them. Don't try to debunk what the other person believes—this isn't a debate you're trying to win. Direct them to a reliable place to get the facts, such as DHEC or the CDC.

Ex: "Can I share this resource with you? It really helped me in making my decision."



Offer your help. Sometimes, barriers to vaccination are easy to overcome. Offer a ride to a nearby vaccination clinic or to help with meals or childcare the next day if they're concerned about side effects.

Ex: "Let me know when you're ready to get vaccinated, and I'll go with you!"



Be patient. Don't expect to convince someone right away. One conversation may not change their mind, but it can help others better understand that vaccines are safe and here to protect us.

Ex: "It's your decision to make. Let me know if I can help you find answers to your questions."