VACCINE ASSIST PROGRAMME
BACKGROUND TO POSTER SET 4:
WHY SHOULD I GET VACCINATED?

1. **What must I know?**

   - Fighting COVID-19 is a team effort
   - Why are vaccines so important?
   - How will a COVID-19 vaccination protect me?
   - How will a COVID-19 vaccination protect others around me?
   - How do I help build confidence in COVID-19 vaccination?

2. **How will I explain it?**

   - **Fighting COVID-19 is a team effort**

   Building defenses against COVID-19 is a team effort. We all play an important part of that defense. It is up to each on of us to:
   a. Get vaccinated
   b. Wear a mask
   c. Practice social distancing
   d. Wash our hands often

   We ALL have to use ALL the tools we have to beat COVID-19.

   While wearing masks etc. helps to reduce your chance of being exposed to the virus or spreading it to others, these measures are not enough. Getting the COVID-19 vaccine adds one more layer of protection for you, your coworkers, community, and family.

   - **Why are vaccines so important?**

   Vaccination is the most effective way to protect against infectious diseases. Vaccines save millions of lives each year. Vaccines work by training and preparing the body's natural defences – the immune system – to recognise and fight off the viruses and bacteria they target. After vaccination, if the body is later exposed to those disease-causing germs, the body is immediately ready to destroy them, preventing illness.

   When you get vaccinated, you are protecting yourself and helping to protect the whole community. When enough people in the community are vaccinated, it slows down the spread of disease. Achieving herd immunity is a long-term goal. It usually requires a large amount of the population to be vaccinated.

- **How will a COVID-19 vaccination protect me?**

COVID-19 can spread quickly and widely. It has resulted in the deaths of almost 2 million people worldwide. A COVID-19 vaccine will reduce your chances of getting COVID-19 or from becoming seriously ill or dying due to COVID-19.

Your vaccination will add to the number of people in the community who have a reduced chance of being infected with COVID-19 — making it harder for the disease to spread and contributing to herd immunity.

Vaccination is important to prevent the COVID-19 virus from spreading and replicating, which allows it to mutate and possibly become more resistant to vaccines.

- **How will a COVID-19 vaccination protect others around me?**

COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.

If enough people are vaccinated, however, we could achieve herd immunity. This is when so many people are protected against a disease, it is not able to spread. So if enough people get vaccinated, it will protect those who are unable to get the vaccine themselves.

- **How do I help build confidence in COVID-19 vaccination?**

Higher vaccination rates make disease outbreaks much less likely. It also reduces the need for preventive measures, such as border closures and travel restrictions. This will reduce the health, social and economic impacts of the COVID-19 pandemic.

Vaccination will help save lives and livelihoods:
a. Tell others why you are getting vaccinated and encourage them to get vaccinated.
b. Learn how to have conversations about COVID-19 vaccine with coworkers, family, and friends.

3. Summarise what has been learnt:

- Building defenses against COVID-19 is a team effort. We all play an important part of that defense. We ALL have to use ALL the tools we have to beat COVID-19, and this includes vaccination.
- Vaccination is the most effective way to protect against infectious diseases. Vaccines save millions of lives each year.
- Vaccines work by training and preparing the body's natural defences – the immune system – to recognise and fight off the viruses and bacteria they target. After vaccination, if the body is later exposed to those disease-causing germs, the body is immediately ready to destroy them, preventing illness.
- A COVID-19 vaccine will reduce your chances of getting COVID-19 or from becoming seriously ill or dying due to COVID-19.
- COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.
- If enough people are vaccinated, however, we could achieve herd immunity. This is when so many people are protected against a disease, it is not able to spread. So if enough people get vaccinated, it will protect those who are unable to get the vaccine themselves.
- Vaccination will help save lives and livelihoods:
  - Tell others why you are getting vaccinated and encourage them to get vaccinated.
  - Learn how to have conversations about COVID-19 vaccine with coworkers, family, and friends.

4. Points to discuss with the group:

- How will you explain to your family why you have chosen to get vaccinated?
- Can you think of any ways you can make it easier for people to understand how vaccines work?

Sources:
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html
https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-vaccine/art-20484859#vaccine-benefits
https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-vaccinated-for-covid-19/why-should-i-get-vaccinated-for-covid-19
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/covid-19-vaccines/advice