

COVID-19 Vaccine Ground-Game Challenge

We need your help to reach Kentuckians with factual information about the COVID-19 vaccines. We're challenging health care providers, pharmacists, local health department leaders and other health influencers in communities across the commonwealth to spread the word.

WHAT YOU CAN DO:

1. Create a video or a series of videos
2. Use some of our suggested points below
3. Use the phrase **"take it from me"** in your call to action
4. Post it on your website, social media, and share with your community to include in e-newsletters (i.e., Chamber, Main Street Association, Mayor's Office, etc.)
5. When posting to social, please use **#takeitfromme** and tag us:



@healthyky



@FoundationforaHealthyKentucky



@healthyky



@FoundationforaHealthyKentucky

Example:

*"Hi, I'm Dr. Kim Smith from Hopkinsville. A lot of my patients have questions about the COVID vaccines, and here's what I tell them: The risks of taking the COVID-19 vaccine are far less than the potential life-threatening complications or death possible with getting the disease. Everyone reacts to getting COVID differently, and we can't predict how your body will handle it. **Take it from me**, getting the COVID-19 vaccine is a safer way to build protection."*



VIDEO TIPS

- If you're recording video for Facebook, Twitter, your website, or use in an e-newsletter, hold your phone horizontal (or use the camera on your computer).
- If you're recording video for Instagram, Snapchat, TikTok, or using stories on Facebook or Instagram, hold your camera vertically.
- Wear your white coat and consider recording in your office or a health care setting.
- Try to find a quiet place to record your video, and be careful of echoes.

COVID-19 VACCINE



- **FACT:** Getting a COVID-19 vaccine helps keep you from getting seriously ill even if you do get COVID-19.
- **FACT:** Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.
- **FACT:** COVID-19 can have serious, life-threatening complications and there is no way to know how COVID-19 will affect you. Getting a COVID-19 vaccination is a safer way to help build protection.
- **FACT:** Clinical trials for all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use... and that includes COVID-19 vaccines. Side effects from the vaccines are far less severe than the potential life-threatening complications or death that comes with getting COVID-19.
- **FACT:** Scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study them for many years.
- **FACT:** COVID-19 vaccines cannot make you sick with COVID-19.
- **Did you know?** COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.
- **Did you know?** The COVID-19 vaccine will help protect you by creating an antibody response, without having to experience sickness. Yes, you may have side effects, including a fever and muscle aches, but everyone reacts to getting COVID-19 differently, and there's no way to know how your body will react. Side effects from the vaccines are far less severe than the potential life-threatening complications or death that comes with getting COVID-19.
- **FACT:** Even if you've had COVID-19, you should get the vaccine. Post-illness immunity is not as long lasting as the vaccine.
- **FACT:** Both natural immunity and immunity produced by a vaccine are important parts of COVID-19 disease that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.
- **FACT:** COVID-19 vaccines do not change or interact with your DNA in any way.
 - **Did you know?** The COVID-19 vaccine is free of charge to all people living in the United States, regardless of their immigration or health insurance status.

- **Did you know?** To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus, if you are exposed (also called immunity).

- **Did you know?** These vaccines cannot give you the disease itself. Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19.

- **FACT:** There is NOT a microchip in the Covid-19 vaccine.

- **I have a lot of patients ask me ...** is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day? The answer is, yes. There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

- It can be difficult to know which sources of information you can trust. Before considering vaccine information on the internet, check that the information comes from a credible source and is updated on a regular basis. Credible sources include the [CDC](#) and [Kentucky's COVID-19 Dashboard](#).

Covid-19 vaccine facts source:

