

GETTING A COVID-19 VACCINE AT THE MIND INSTITUTE



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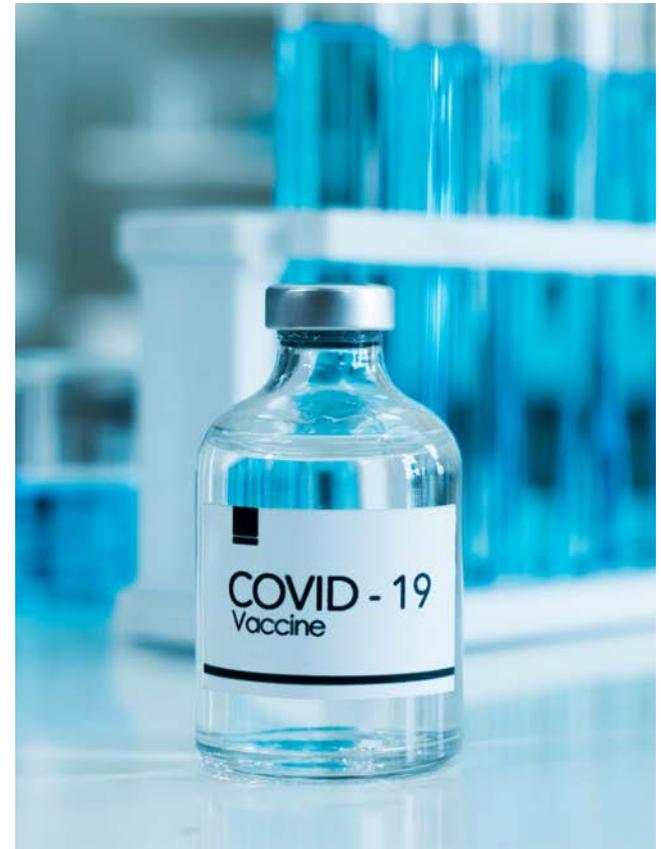
UCDAVIS
HEALTH

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COVID-19 is a virus that has made many people very sick, and some people have died.



Scientists have created a vaccine to prevent people from getting sick from COVID-19. A vaccine is a type of medicine that makes sure I stay healthy from COVID-19.

GETTING A COVID-19 VACCINE AT THE MIND INSTITUTE



Today, I will go to the UC Davis MIND Institute to get my first dose of the COVID-19 vaccine.



I will check-in at the desk. They may ask a few questions, such as my name, date of birth, and my address.

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I will sit in the waiting area with my family and wait for the nurse to call my name.



The nurse will call my name and I will go into a room to receive my COVID-19 vaccine.

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I will sit down in the large chair. The room will have lights, a bubble machine and items for me to squeeze with my hands.



If I feel scared, I can hold someone's hand, listen to music or watch a video on a phone or iPad.

There will be a Child Life Specialist here to support me.

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I will roll up my sleeve. The nurse will rub a cold wipe on my upper arm to clean it. It might feel cold and smell funny.



I will sit with my whole body still in the chair. If I need help, I can sit in my caregivers lap. The nurse will give me my vaccine with a needle in my upper arm. It will feel like a pinch or a poke. The needle will go into my arm quickly and it will come right out.

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I will pick out a bandaid for the nurse to put on my arm. The vaccine dose is done.



I will feel proud of myself and will pick a prize from a prize box.

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I will leave the first room to go into another quiet room, where I will wait 15 minutes with my family. A nurse may ask how I am feeling. This is to make sure I am safe and healthy to go home.



While I wait for 15 minutes, I can have a snack, play a video game or watch a movie.

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After the nurse tells me it's okay, I am done for today. Now I can go home!



After the vaccine, my arm may be sore. I may have a headache or feel tired. I will feel fine after a couple of days.

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I may still need to wear a mask and stay 6 feet apart to stay healthy even after the vaccine.



I feel proud I did my part to stay healthy and help others.

ARRIVING AT MIND INSTITUTE- COVID-19 VACCINE CLINIC



ARRIVING AT THE MIND INSTITUTE



When you arrive, please drive past the main building and park in the patient spaces directly in front of the playground. There will be signage to direct you.



To the right of the spaces, you will see a large walkway. Please proceed onto the walkway.

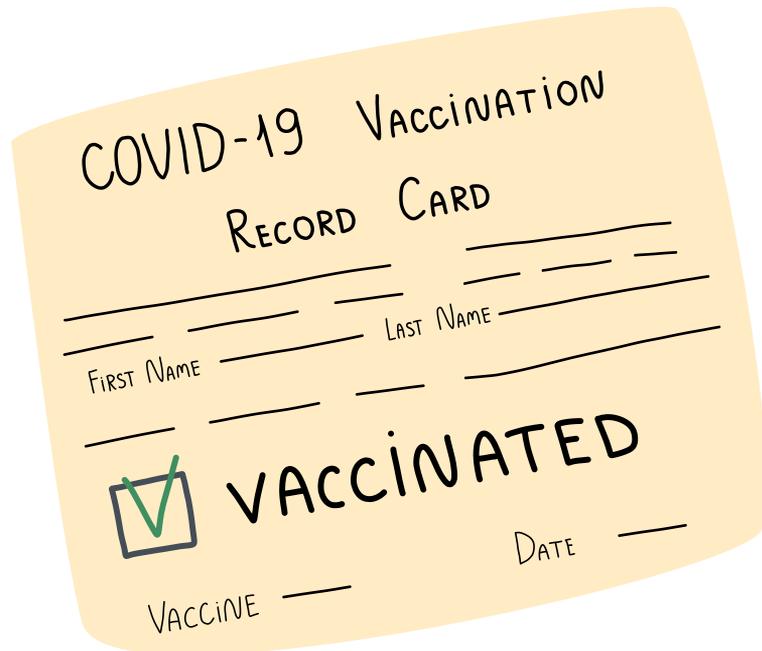


Following the walkway, you will arrive at a set of double doors at the back of our building. This is the entrance to the vaccine clinic.

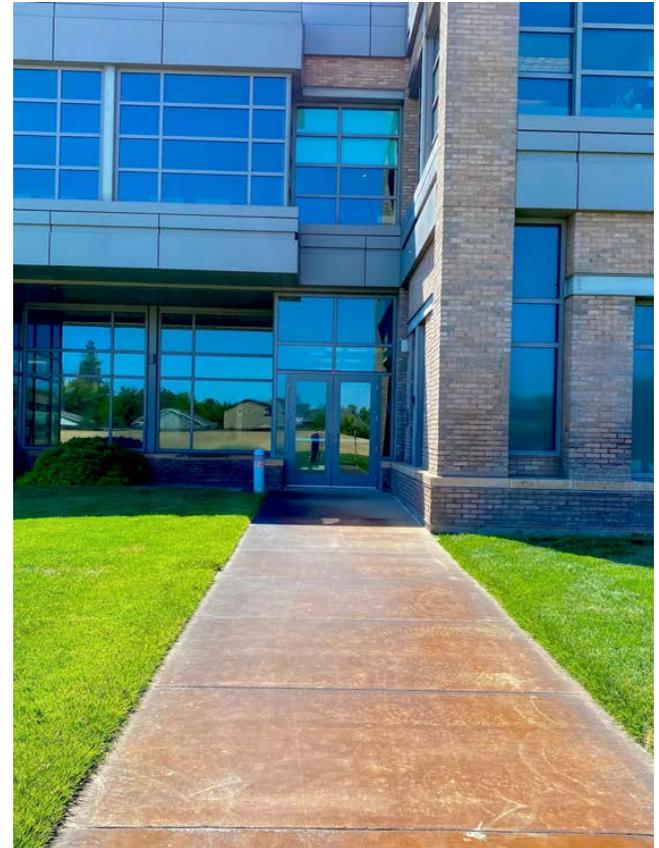


Enter through these double doors and you will see the check-in desk for the clinic.

COMING BACK FOR YOUR 2ND DOSE



I need the COVID-19 vaccine to stay healthy. I will need one more vaccine appointment to make it complete.



I will go back to the UC Davis MIND Institute in 3 to 4 weeks to get a second dose of the vaccine. When I come back, I will go through the same steps as I did the first time.

**THANK YOU FOR DOING
YOUR PART TO KEEP THE
COMMUNITY HEALTHY!**

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