

# How to talk to your friends and family about the COVID-19 VACCINES

So we can all contribute to COVID-19 immunity in our communities.

You may be getting lots of questions about COVID-19 vaccines. To ensure the people in your life get reliable information, here are our top tips on what to say.

## Vaccines save lives and protect our communities

COVID-19 vaccines are saving lives. Vaccines do more than protect the people getting vaccinated, they also protect everyone around them.

The more people in a community who are vaccinated and protected from COVID-19, the harder it is for COVID-19 to spread.

## COVID-19 vaccines are safe

Public health agencies around the world, like Health Canada, as well as the international scientific community, have concluded that the approved COVID-19 vaccines are safe, including for those who are pregnant, planning to get pregnant or breastfeeding.

If you have questions, and are pregnant, planning to become pregnant or are breastfeeding, speak to your health care provider.

Even though the vaccines were developed in record time — thanks to a massive global effort and previous coronavirus research — they went through the same steps for approval as previous vaccines.

Millions of people around the world have already been safely vaccinated. The vaccines are much safer than being infected with COVID-19.

## How to get vaccinated

Vaccines are available to everyone aged 12 and older in British Columbia. Instructions and information about eligibility are available at [gov.bc.ca/getvaccinated](http://gov.bc.ca/getvaccinated).

## Register for your vaccine now or walk in to your local immunization clinic

### Step 1: Register

Register online ([getvaccinated.gov.bc.ca](http://getvaccinated.gov.bc.ca)), by phone (1-833-838-2323) or in-person at all Service BC offices. Save your confirmation number, you'll need it later.

### Step 2: Book an appointment

You will be contacted when you are eligible to book a vaccine appointment.

### Step 3: Get vaccinated

Arrive a few minutes before your scheduled appointment; wear a short-sleeved shirt and a mask. At the clinic you will complete a check-in process, receive your vaccine and wait in an observation area for about 15 minutes. You will be notified when you are eligible to book your second dose.

### Walk-ins are welcome

If you prefer, you may also walk in to a vaccine clinic for your first or second dose of vaccine. Visit [gov.bc.ca/vaxforbc](http://gov.bc.ca/vaxforbc) for a list of locations.

## COVID-19 safety remains a priority

Continue to follow public health orders, regional recommendations and practice good COVID-19 sense like washing your hands, getting tested and staying home when sick. Wear a mask in indoor public spaces until you are fully vaccinated.

## Stay informed

Get the facts about B.C.'s COVID-19 Immunization Plan and vaccine safety from trusted sources like the Province of B.C., the BCCDC and ImmunizeBC.