



**SARTAC**  
Self Advocacy and Beyond

# **SARTAC**

**September 2, 2021**

**Covid-19 Update**

**These slides were made in  
September 2021.**

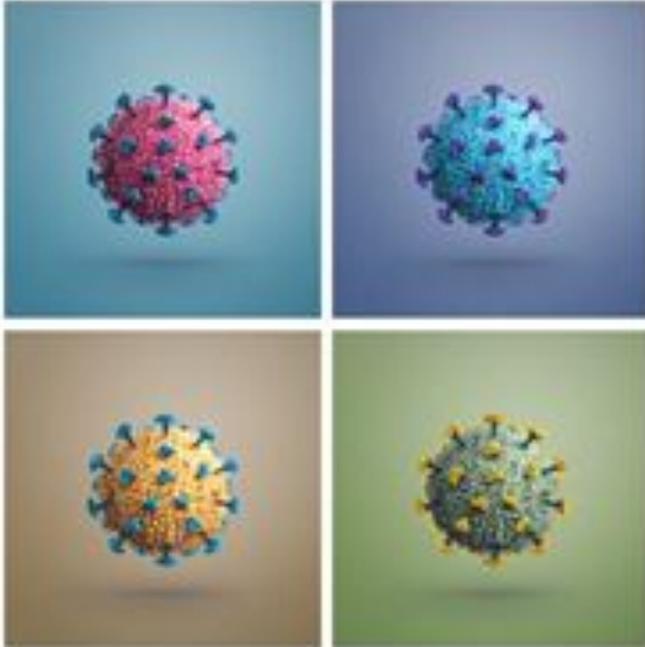
**The information was reviewed and  
updated in January 2022.**

[https://www.youtube.com/watch?v=CqVqFQRqQAE&list=PLEHWL7i0kECV61\\_u5711vw61xL2UNFusk](https://www.youtube.com/watch?v=CqVqFQRqQAE&list=PLEHWL7i0kECV61_u5711vw61xL2UNFusk)



point where I felt that I should get vaccinated, in order to be able to get out of the house, visit with

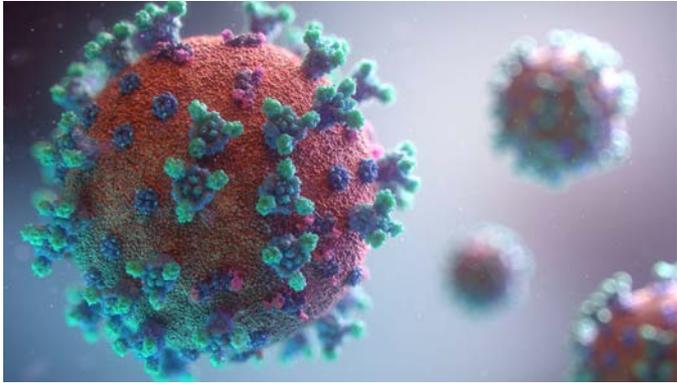
# What are COVID-19 variants?



COVID-19 is a virus. Viruses change all the time. It is common for this to happen with a virus. For example, the flu is a virus and it changes each year. A virus looks like a ball with spikes coming out of it.

There is more than one kind of COVID-19. The different kinds are called variants. They are a little the same and a little different.

# What are COVID-19 variants?



Scientists watch for changes in the virus, like changes in spikes.

More than one kind of COVID-19 is going around the world. You might have heard in the news people talking about the Delta Variant in the United States.

## Why do COVID-19 variants, like the Delta Variant, matter?



It is important to know about COVID-19 variants. Some kinds of COVID-19 are easier to get. Some kinds of COVID can make people more sick than others.

## Why do COVID-19 variants, like the Delta Variant, matter?



The Delta Variant of COVID-19 can spread from person to person very easily. It is spreading quickly across the country.

People who did not get a vaccine are getting sick. In September 2021, more than 1,200 people are dying every day. The number of deaths got much worse at the end of 2021.

# ■ What are COVID-19 vaccine booster shots?



There are 3 kinds of COVID-19 vaccines. Two of the vaccines have two shots. They are called Moderna and Pfizer (Pfizer is also called Comirnaty (koh - MEER - nah - tee). One of the vaccines has one shot. It's called 'Johnson and Johnson' or 'J and J'.

# What Is A Booster Shot And Why Should I Get It



Scientists watch and test the vaccines to make sure they keep people safe over time. As of January 2022, scientists found that people age 12 and older who got a vaccine need another shot to stay safe because of the Delta and Omicron variants.

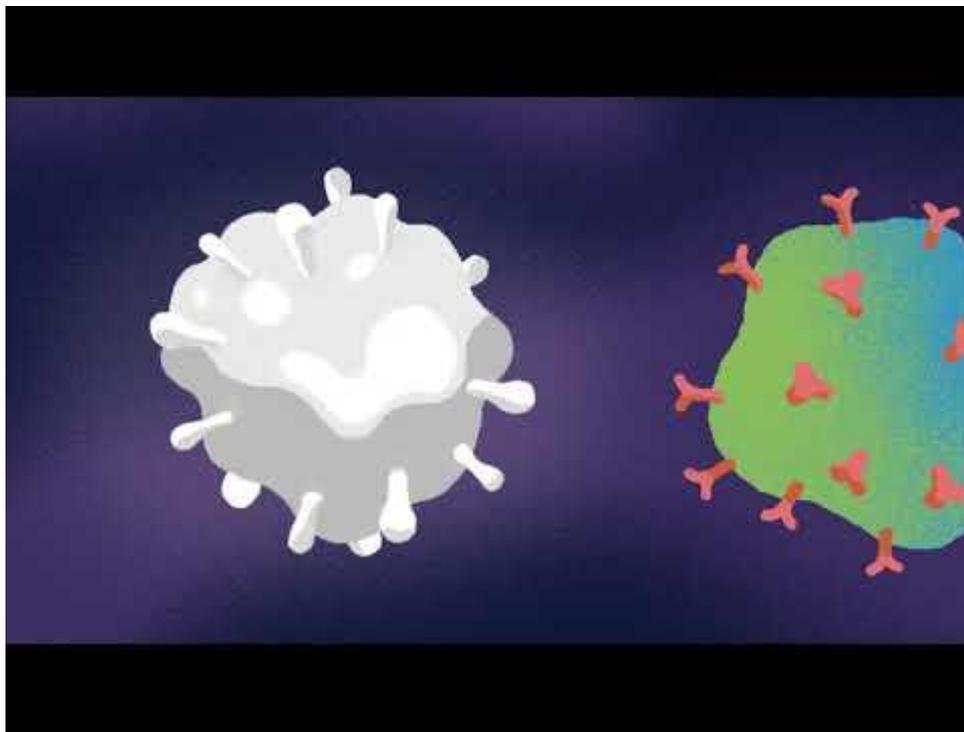
# What Is A Booster Shot And Why Should I Get It



This extra shot is called a booster. Over time your body needs more vaccine to keep fighting off the virus. Lots of other vaccines have booster shots, too. For example, you get a flu booster shot to keep you safe from the flu each year.

The COVID booster shot is safe. It keeps you from getting very sick and dying from COVID.

# What Is A Booster Shot And Why Should I Get It



**Here Is How The  
Vaccine Works**

<https://www.youtube.com/watch?v=Xbz7Qs1rQYw&t=2s>

# What Is A Booster Shot And Why Should I Get It



You can get your COVID-19 booster shot at many places. You can go to doctor's office, pharmacies, like CVS or Walgreens. You can go to some grocery stores. Many states **will also come to your home to give you a vaccine.**

## Where can I get a COVID-19 Booster shot?

If you are not sure where to get your shot, you can:

1. Call the DIAL help line at 888-677-1199 for free help
2. Look online at [www.vaccines.gov](http://www.vaccines.gov)
3. Ask a trusted family member, friend, support staff, or your doctor's office for help

# What Is A Booster Shot And Why Should I Get It

## How do I know which COVID-19 booster shot to get?



You can get the same kind of shot for your booster. Or you can get a different one. Talk to your doctor if you need help deciding. You can check your vaccine card to see which kind you got before.

# What Is A Booster Shot And Why Should I Get It

## What will happen if I choose to not get a COVID-19 booster shot?



You might catch COVID-19 and get sick or spread it to other people.

The vaccine gave your body lots of protection from COVID-19. Over time, it wears out. It is like running low on gas. A booster shot is like filling up your tank. You need more vaccine to avoid getting COVID-19. The booster protects you from getting very sick and spreading COVID-19 to others.

For example, you get your flu shot each year to keep protection from getting sick from the flu.

[https://www.youtube.com/watch?v=nVdAwGuXi50&list=PLEHWL7i0kECV61\\_u5711vw61xL2UNFusk](https://www.youtube.com/watch?v=nVdAwGuXi50&list=PLEHWL7i0kECV61_u5711vw61xL2UNFusk)



[https://www.youtube.com/watch?v=3-HM\\_mPn0eI&list=PLEHWL7i0kECV61\\_u5711vw61xL2UNFusk&t=6s](https://www.youtube.com/watch?v=3-HM_mPn0eI&list=PLEHWL7i0kECV61_u5711vw61xL2UNFusk&t=6s)



A screenshot of a Zoom meeting. At the top center is the logo for the Association of University Centers on Disabilities (AUCD), which includes a circular icon with a globe and the text "AUCD" and "ASSOCIATION OF UNIVERSITY CENTERS ON DISABILITIES". Below the logo are two video thumbnails. The left thumbnail shows a man with a beard and glasses wearing a pink polo shirt, sitting in a room with a staircase and a door. The right thumbnail shows a woman with glasses and a blue top, sitting in an office with a plant and a chair. At the bottom of the screenshot is a grey text box with the following text:

I'm finally going to get my COVID vaccine shot next week. Did you get yours yet?