

Live Well Be Well

Let's Talk Navigating Conversations about COVID Vaccinations

Introduction

Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Reese - and I'm Ashley, and we're both Well-Being Peer Educators at UC San Diego.

On this episode of Live Well Be Well, we'll be discussing how we're navigating conversations about COVID vaccinations with our families, friends, and peers.

So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

Reese: The source of we decided to use for today's podcast is the CDC and the first point that they had to connect better with your family's about getting vaccinated is to first listen to your family's questions with empathy

Ashley: And I think this is a great point to consider because it really helps target or focus the conversation around addressing your family's concerns, or your family members' concerns, or any knowledge gaps that they may have. This is even possibly more effective than just dumping facts on them or rambling off with some generic speech that you could just give to anybody

Reese: Yeah Ashley I definitely agree plus like letting them know that their questions sort of good discussion in a conversation is super important I think that having yourself as a listener and genuinely paying attention to their feelings and letting them know that they're being understood is extremely important and we do you understand where your family friends are coming from this is you actively practicing empathy

Ashley: Exactly - and even if you don't know the answer to one of their questions, there are a few resources that are official that you can always point them towards. So for example, the CDC website ([cdc.gov](https://www.cdc.gov)) it has a whole website with key things to know and even what they're still learning about the COVID-19 vaccination. And with these resources, you can always point them towards as a way to help guide them in the right direction, and even leave them to do a bit of discovery for themselves

Reese: and with that being said that to head into our second point from the CDC and they offered that asking open ended questions to explore your family or friends concerns is another great way to sort of talked about this vaccination they can be a scary thing to talk about and so the CDC definitely mentioned that open ended

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questions are more elaborate than a simple yes or no answer right so when you let your friends or family have the opportunity to ask you more multi-pronged questions you show that you're caring about them and you know when these questions are asked and you can tell that your family or friend is worried you know where they learned all this troubling information you know on what they have to get their answers to these questions you know it an example of an open-ended question that you could ask is how did watching that news report make you feel and what did you do next right so kind of having these open ended questions allows you to make room for a conversation and address the fears I know I do that for me personally like my mom is really worried about getting vaccinated and you know we definitely had to sit down and have a conversation about the different kinds of side effects with the different vaccines

Ashley: I think that's a great point - and exactly like you said Reese - I think it's also important to note that when you're exploring your family, relatives or friends' concerns about vaccinations, just trying not to be judgmental while listening or asking these questions because you really want to convey that you're asking them to help you understand their concerns. So for example, avoid saying things like "that's a silly concern" or "why would you be worried about that" - so just really try to be understanding in their situations or practicing empathy.

And then moving on to our next point, point three: be sure to ask permission to share information. So once you understand your friend or family member's question or concern, ask if you can provide some information and tell them where you get information that you trust. And if they agree, they'll be more willing to listen to you instead of feeling like you're pushing unwanted information on them. You can find answers to common questions from reputable sources. Of course, like we said, [cdc.gov](https://www.cdc.gov), your local Health Department website, or other trusted sources like your doctors, nurses or even pharmacists!

Reese: Yeah Ashley I definitely agree with all those points and you know sometimes just sharing quick accurate answers to Common concerns from family might be able to go a long way towards moving someone from a worry to confidence and if you don't know the exact answer to one of their questions you can definitely consider offering to help look for information online or calling a health professional North Point here so the CDC said help them find their own reasons to get vaccinated so everyone chooses to get vaccinated for their own reasons right to protect their family to protect their children or kids to just be less anxious to be able to visit their parents or maybe it's to get back to activities like French resuming work or returning to school after addressing concerns with empathy and facts you can steer the conversation from why not to the important reasons that matter to them there why

Ashley: Exactly. And of course, if you, yourself, feel comfortable - you might even choose to share your own reasons for getting vaccinated or even going through and discussing common goals that you both may have. Like for example, visiting with each

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other safely, which I know a lot of people want to do after such a long time in quarantine - and the reasons that someone such as your friend or family member may choose to get vaccinated will always be those that are the most compelling to them personally.

Reese: Yeah Ashley - and with that being said that's kind of go on to our fifth Point here which is helping them make their vaccinations happen so once you're on the same page and you talk about their wise helping them to commit to getting the vaccination for covid-19 as a big step so help making the path to the vaccination shorter easier and less stressful for them is key so offer to help your family member or friend make a vaccination appointment at a local or nearby to BCBS Rite Aid it could be a school campus or possibly a doctor's office and if need be he's actually 10:00 appointment with them and you're also offer to help with Transportation or possibly a babysitter if they need childcare remember that every person chooses to get vaccinations brings us one step closer to moving past the covid-19 pandemic as a whole and you may also play a big role in getting their decision to get vaccinated

Ashley: Exactly. And now a few websites and resources to help you all with that. So, you can determine your eligibility on the website myturn.ca.gov, and there's also a couple of ways where you can schedule to actually get vaccinated! So in San Diego County that's going to be sandiegocounty.gov - and you just navigate to the COVID-19 panel, and under the COVID-19 vaccine title, you can see all your county's vaccination sides and even make the appointment right there. For just general vaccine availability and scheduling, you can go to VaccineFinder on the CDC website or even just go to your CVS Pharmacy website and that includes just the entire nation except for Idaho, Maine, Nebraska, New Hampshire, South Dakota, and Wyoming.

Reese: Ashley that's awesome I can definitely relate I know that my mom and my sister and I all got the vaccine through CVS and then my dad actually went to UCSD rimac and it was a very seamless process I'm just go to the gym and you get your first dose in return back a few weeks later you know depending on which vaccine get it so with that being said we had want to bring this to her last Point Year and that is herd immunity so I think this is something important to bring up you know especially if your family member or friend is being really sticky about getting the vaccine or they are comfortable with it I think that I understand what herd immunity is and actually be critical and further pushing them to end up getting vaccinated so scdc actually defines hurting a Diaz population immunity and I think this is even a better like a better term for it but the idea here is at once enough people in the community are protected from getting a disease because they had the disease or they were vaccinated it becomes hard for the disease to spread from person to person so in this case note covid-19 if you've already had COVID and they become vaccinated or you just get it you're protecting not only the people in your inner circle so your family friends people that are in you know possible outdoor sports that you do right you're not only protecting your

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circle but you're protecting at the community and society as a whole and I think really pushing that point can help your family members or friends and understand the importance of the vaccine

Ashley: Exactly, well put! I think that this is something that's definitely bigger than just myself, or you, or just like my own immediate family. It's something that requires effort from all of us. So of course, with that being said, we still want to be conscious of other people so even though you're vaccinated we still think that it's important to continue wearing a mask and of course practicing social distancing guidelines as instructed by our health authorities.

Closing

So with that being said y'all, this is coming to an end of our Live Well, Be Well podcast. If you like what you heard and would like to learn more about topics related to health and well-being, there's much more to come!

Be sure to follow us on Instagram @UCSDWPE. Stay tuned for our next episode of Live Well, Be Well! Until next time, be kind, be true, be you. And remember, to be well is to live well! Thanks y'all!