

SUPPORTING SOMEONE WHO IS HESITANT ABOUT COVID-19 VACCINATIONS



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You may know somebody close to you who is reluctant to receive a COVID-19 vaccination.

This fact sheet provides some ideas on how we can have a conversation and support someone who is experiencing vaccine hesitancy.

TO MAKE AN APPOINTMENT



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There are many reasons somebody may be hesitant to receive a COVID-19 vaccination.

We all have different experiences that shape our beliefs, such as our upbringing, cultural background, and family and friendship circles. Misinformation about COVID-19 vaccinations spread on social media can also lead to vaccination hesitancy.

Some of the concerns people express about COVID-19 vaccinations include: side effects of vaccinations, how quickly the vaccinations were developed, and government mandates that impact particular professions.

HOW TO HAVE THE CONVERSATION

1. Do your research

Before having the conversation, it can be useful to do your own research. Try to gain an understanding of COVID-19 vaccinations and how they can help protect people from illness. Search reputable websites such as the World Health Organisation and health.gov.au.

2. Ask for their permission to talk about their hesitancy and listen

Ask if the person is open to having a discussion. Open ended questions like, "What do you know about COVID-19 vaccinations?" can be a good conversation opener. Lecturing or arguing is only likely to put a strain on the relationship, rather than helping you have a productive conversation. Instead, show an interest in their perspective and listen to what they are saying.

3. Show empathy

Try to be understanding of their perspective and acknowledge their concerns. Paraphrasing can be a useful way of acknowledging what somebody else is saying. Try and use non-judgmental language and avoid labelling the person.

4. Reputable Sources

Information about vaccination shared on social media platforms can impact people's perceptions of vaccines. You may wish to suggest they get information from reputable sources.

5. Talk about the benefits of vaccination

You may wish to consider talking about the benefits of vaccination. Some of these include: protecting ourselves, our loved ones and vulnerable people from illness or death. Vaccinations also lead to communities developing herd immunity which can eliminate ongoing disease.

6. Suggest they chat to their GP

You can suggest they talk to their GP for accurate information and advice about COVID-19 vaccinations.

FOR MORE INFORMATION

- www.who.int
- www.health.gov.au
- www.cdc.gov



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