

# What to Do While You Wait for the COVID-19 Vaccine



It can be frustrating to have to wait your turn, especially for something as important as a vaccine. Here are some things you can do while you wait your turn for a vaccine:

- 1 Read up about vaccines and trials!** Vaccines work in your body by using your immune system, which is the part of your body that fights infections, like COVID-19. Young people and adults have different immune systems, so researchers study them separately. Now that we know the vaccine is safe for adults, the companies that make the COVID-19 vaccine are researching how safe and effective they are for people under 18. Pfizer, Moderna, Johnson & Johnson, and other companies will test their vaccines in people age 12 and over. If they are safe, the government will review their results to make sure they are safe, and then the vaccine can be made and sent out to communities. Most people 16 and under won't be vaccinated until at least the summer, unless you are some who is at high risk.
- 2 Ask questions.** There is a lot of information out there about vaccines; some of it is incorrect or misleading. You can find trustworthy information from the United States Center for Disease Control (CDC) and the Massachusetts Department of Public Health. Thinking bigger? Find out what you and your friends really want to know about the vaccine, and reach out to a trusted public health official in your community to ask for an interview!
- 3 Write it out.** Use this time to reflect on your experience; keep a journal of your experience of this historical time. It will be interesting and useful to look back on when you are older.
- 4 Help others.** Many people who lost jobs or family members are struggling with hunger or cold this year. Consider donating clothes to a shelter, or preparing meals to distribute to those in need. Local food pantries are also a great place to donate food items.
- 5 Get REALLY good at something.** Anything! Check out your local library for take-home kits to learn a new skill or game (like Dungeons and Dragons at the Pollard Memorial Library in Lowell!) Or figure out how to poach the perfect egg. Or practice calligraphy. Or learn how to mix beats. Or become your household nail art expert. Use this time FOR YOU.

## LEARN MORE ABOUT THE VACCINE AT:

Greater Lowell Health Alliance: [greaterlowellhealthalliance.org/covid-19](https://greaterlowellhealthalliance.org/covid-19)

Lowell Community Health Center: [lhealth.org/patients/covid-19-updates](https://lhealth.org/patients/covid-19-updates)

CDC: [cdc.gov/coronavirus/2019-ncov/vaccines/faq.html](https://cdc.gov/coronavirus/2019-ncov/vaccines/faq.html)

MA DPH: [mass.gov/info-details/covid-19-updates-and-information# covid-19-vaccine-](https://mass.gov/info-details/covid-19-updates-and-information# covid-19-vaccine-)

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**#ThisIsMyWhy**

\*Source: CDC | Rev. 3/4/21