

Going to the GP to get my COVID-19 vaccine





I am going to the GP clinic to get my COVID-19 vaccine.
The COVID-19 vaccine is a medicine given by a needle (injection) into my arm.
This will help to stop people catching and spreading COVID-19.
It can also stop people getting very sick from COVID-19.



I will need to follow some rules.
I may need to wear a face mask, if I can.
When I enter the clinic, I may need to use the hand sanitiser.
I can use my own hand sanitiser.



I will need to check in at reception.
The receptionist may ask for my Medicare card and photo ID.
They may give me some forms to fill out.



I will take a seat in the waiting room.
I need to remember not to sit too close to other people.



Sometimes it can be noisy in the waiting room at the GP clinic. The TV may be on and phones ringing. I can use my sensory tools, like headphones or earmuffs to keep calm.



The GP will come to the waiting room to call my name.



The GP will say hello. We could do an elbow bump. Or I can just say hello back.
I can choose to have a support person with me, or my support person can wait outside the room.



The GP will talk to me about the COVID-19 vaccine.

The GP may ask me to sign a form.

This means that I give my consent to have the vaccine.

In some GP clinics, the GP will ask the nurse to give me the injection.



The GP will ask me to take off my jumper or roll up my sleeve.



The GP will swab my arm with an antiseptic wipe.



If I feel anxious about the injection, I can look away at something on the wall.

My support person could distract me.

I could ask the GP if I can listen to some music or use a fidget item.



After I have had the injection, the GP will put a band-aid and/or a cotton ball on my arm.
Then I can put my jumper back on or roll down my sleeve.



The GP will give me an information sheet that will tell me what to expect after the injection.
It will tell me if I need to come back for another dose of the vaccine.
I can also ask for something that says I had a dose of the vaccination and the date I had it.



The GP will ask me to sit in the waiting room for 15 minutes.

This is what happens after an injection.

A clinic staff member will tell me when I can leave.

Optional Pages



The nurse will ask me to take off my jumper or roll up my sleeve.



The nurse will swab my arm with an antiseptic wipe.



If I feel anxious about the injection, I can look away at something on the wall.
My support person could distract me.
I could ask the nurse if I can listen to some music or use a fidget item.



After I have had the injection, the nurse will put a band-aid and/or a cotton ball on my arm.
Then I can put my jumper back on or roll down my sleeve.



The nurse will give me an information sheet that will tell me what to expect after the injection.
It will tell me if I need to come back for another dose of the vaccine.
I can also ask for something that says I had a dose of the vaccination and the date I had it.

The Australian Government has lots of useful information about the COVID-19 vaccine.
You can read about:

[COVID-19 vaccination - Easy Read resources](#)

[Getting proof of your COVID-19 vaccinations online](#)

Check for details on accessibility and access with your local vaccination centre.

Proudly produced in partnership by Amaze and National Disability Services



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