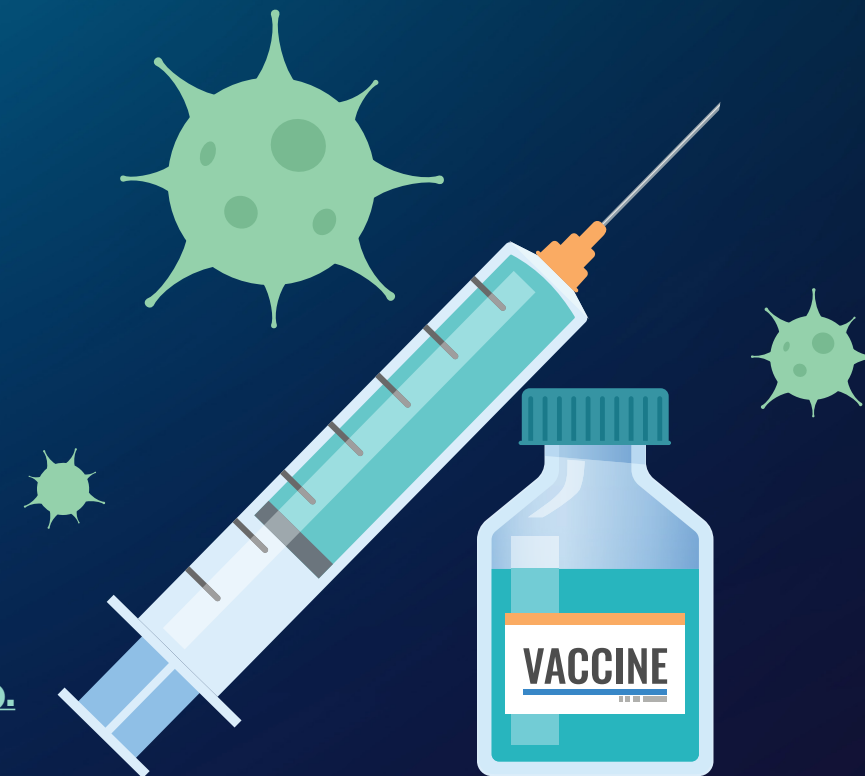# Tips to Cope with Vaccine Anxiety

We have faced uncertainty and many challenges while navigating the global pandemic. So many things look different, so many things feel different, and so many things are different. After months of waiting, we now face decisions about COVID-19 vaccinations. This may result in anxiousness, stress, or other reactions.

To manage stress or anxiety about vaccinations it can be helpful to identify what we know and what we can do.

Things you can do may include:

- Be informed. Fear is often based in the unknown. Learn as much as you can from reputable sources. Consider what is worrying you, whether it is potential side effects, how recommendations are being made, or uncertainty about how the vaccine works.

- Stay up to date. Be aware of progress with vaccines and vaccine distribution. However, judiciously manage your exposure to news and social media. Stick to a vetted vaccine tracker. Allow yourself to take a break from news if it becomes overwhelming.

- Look towards sources you trust. It may be helpful to find information from multiple trusted sources. Reputable sources regarding vaccine safety may include:

  - Dr. Anthony Fauci (Director of the National Institute of Allergy and Infectious Diseases).
  - Food and Drug Administration (FDA).
  - The Centers for Disease Control and Prevention (CDC)
  - World Health Organization (WHO).

- Make decisions in your best interest. If your anxiety about vaccination is overwhelming, it may be helpful to communicate with your primary care provider or contact Canopy. Communicating with a physician or a Canopy counselor may help you identify your specific concerens and stratagies for managing what you're experiencing

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Resources:

How was the vaccine developed, how does it work?

This article speaks to how they were able to make both vaccines quickly and safely. It also provides information about the different phases of creating the vaccine.

Understanding mRNA COVID-19 Vaccines

This article explains how mRNA is a new type of vaccine and how it works.

FDA's vaccine development

This is the FDA's Vaccine Development 101 list. It helps explain vaccine development in general.

Is the COVID-19 Vaccine Safe?

This site answers questions about safety and effectiveness regarding the vaccine. It also speaks to the safety of the vaccine for people who have common allergies.

Frequently Asked Questions about COVID-19 Vaccination

This site answers commonly asked questions such as: which vaccine lasts longer, immunity after COVID-19, protection from COVID-19 vaccines, what percentage of the population needs to get vaccinated to have heard immunity, etc.

The Difference between the COVID-19 vaccines:

This site provides general information on Pfizer-BioNTech COVID-19 Vaccine and Moderna's COVID-19 vaccine. Information is shared about how many shots will need to be given, how many days apart they will need to be given, and what the shot does not contain. It also provides examples of people who should NOT get vaccinated.

COVID Vaccine and Veterans

This link has information about the vaccine and who is eligible to receive the vaccine at VA facilities.

Fighting Vaccine Hesitancy in Groups Hardest Hit by COVID-19

This article talks about why there is hesitancy within Black and Latinx communities around getting the vaccine.

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