

## Having a conversation about vaccinations

Encouraging people to explore their own thoughts and feelings around vaccination can help to reduce any concerns they may have. You are making a difference by having a conversation around vaccinations even if the person does not change their mind. Remember, you do not have to be an expert in everything vaccine-related, just be willing to Ask open questions, listen and Acknowledge any concerns raised, and be willing to Act by empowering people to make an informed choice or seek further support if necessary. Use the tool on page 2 and reliable information sources to support your conversation.

### Healthy Conversation Skills

- Listen actively. Make eye contact, show them you are listening.
- Try not to make suggestions, explore their situation.
- Be non-judgemental and try to see your colleagues' point of view (even if it differs from your own).
- Use the tool on the next page for questions, prompts and a clear structure.
- Review. Catch up about this matter in another conversation when possible.

### Signposting information

At the end of your conversation it may be appropriate to signpost to a reliable source. We recommend the below options.

**Share this independent website and encourage them to read the content.**

[www.Fullfact.org](http://www.Fullfact.org) is an independent website that aims to fight misinformation.

**Encourage them to speak to their GP about their concerns.** This could be through their own GP practice or when a GP visits your setting.

**If possible, follow up on the conversation.**

### Reasons for lack of confidence

It is helpful to explore someone's reason for not wanting the vaccine. Some examples include needle phobia, trust in the vaccine, concerns over sick leave, misinformation – i.e. infertility, ineffective at providing immunity.

This tool provides support and prompts to explore someone's concerns and possibly help in overcoming them.

### Myth busting

Being aware of a few facts may help in your conversation but try to avoid a debate around what is and is not true, instead share the reputable signposting sources. Remember, you do not have to be an expert in vaccines to have this conversation!

- The AstraZeneca and Pfizer/BioNTech COVID-19 vaccine do not contain any components of animal origin, meat derivatives or porcine products.
- There is no evidence that the vaccine affects fertility and no evidence of fertility problems after contracting COVID-19 itself.

