

THE COSTS OF WAITING



A TIMELINE FOR 'THE TALK'

It's a lot shorter and easier than you think!

LEAVE YOUR JUDGEMENTS AT THE DOOR



Get your attitude in check: be loving, calm, and nonjudgmental

PLAN AHEAD



Think about the timing that would need to happen for family get-togethers

MEET FACE TO FACE



Find a time when you are able to see their face (e.g. FaceTime® or in person)

START WITH LOVE



Remind the individual that you love and value them

UNDERSTAND THEIR MOTIVATIONS

END WITH LOVE



End with an affirmation of the relationship: a smile, hug, or saying how important they are to you

✓ LOW INVOLVEMENT:

“HEY, DID YOU GET VACCINATED FOR COVID-19 YET?”

- Don't try to convince in one conversation.
- Offer “short & sweet” points.
- Ask them to do it for your peace of mind.
- Help with time (e.g., baby-sit, dinner).
- Remind that the vaccine is free now but might not always be.
- Don't transfer your anxiety.
- Be positive, brief, and upbeat each time.

∧ HIGH INVOLVEMENT:

“CAN WE TALK ABOUT COVID-19 VACCINATION? I LOVE YOU SO MUCH I'VE GOT TO ASK.”

- Start with “I love you and I'm ready to listen.”
- Take time to understand their particular hurdle.
- Agree on what sources you both trust & look together for what that person/organization says.
- Acknowledge that wanting information is not a bad strategy.
- Ask when (and what) proof will be enough.
- Be positive, loving, and humble.

DON'T BE AFRAID TO **ASK YOUR LOVED ONES: “GETTING VACCINATED SOON?”**