

# Do's and Dont's When Talking to Others About COVID-19

**Talking directly with friends and family can be an effective way to encourage them to get vaccinated or take other steps to be safe from COVID-19. When having hard conversations about COVID-19, it helps to remember the following tips:**



**LISTEN WITH COMPASSION AND ASK OPEN ENDED QUESTIONS**



**SHOW THAT YOU HEAR AND UNDERSTAND CONCERNs**



**BE MINDFUL OF YOUR BODY LANGUAGE**



**OFFER HELP GETTING TO APPOINTMENTS**

**Do Be Respectful and Make It Easy to Say "Yes"**



**AVOID AN ACCUSING OR JUDGEMENTAL TONE**



**UNSOLICITED ADVICE CAN FEEL LIKE AN ATTACK**



**AVOID USING NEGATIVE LABELS**



**DON'T MAKE COMMANDS**

**Don't Discount Their Feelings and Concerns**