

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