

TALK WITH YOUR 'OHANA ABOUT COVID-19 VACCINATIONS

If someone you love is concerned about how the vaccine could affect them and their 'ohana or is ambivalent about vaccination because they've yet to be personally impacted by the virus, consider starting a safe conversation with these steps.

**PEHEA 'OE?
HOW HAVE YOU
BEEN DURING
THE PANDEMIC?**

SHARE SINCERE ALOHA.

Listen first. Be open to hearing about the different challenges they faced (with their health and wellbeing, socially, financially, or others.) Ask questions. Don't debate or argue; coming out strong at the start can backfire. Be compassionate and genuine while they share how they feel.

**KE 'OLU'OLU
'OE? MAY WE
TALK ABOUT
THE VACCINE?**

REQUEST PERMISSION.

To influence someone's willingness to consider a choice, it must be on their own terms.

- If they say no, respect their decision. Let them know, you and your health mean a great deal to me. Maybe we could talk about the vaccines another time.
- If yes, continue the conversation. Consider acknowledging the circumstances.

**HE AHA KOU
MANA'O?
WHAT ARE
YOUR
THOUGHTS ON
THE VACCINE?**

ASK OPEN-ENDED QUESTIONS.

The goal is to understand, not to correct or change behavior. Ask,
What worries you most?
What did you hear or experience that led you to feel this way?

RESPOND EMPATHETICALLY.

Avoid passing judgement and instead reflect back what you hear.
It sounds like you're feeling...
I hear you saying that...
If I understand you correctly, what's most important to you is...

**HELU HELU?
ON A SCALE OF
1 TO 10, HOW
COMFORTABLE
DO YOU FEEL ABOUT
THE VACCINES?**

UNDERSTAND THEIR MOTIVATIONS.

Seek information about why they've rated their comfort accordingly. Ask why it isn't less. Ask what would make it more. For example, if they rate their comfort level a 4, inquire,

- Why 4? Why not 3?
- What factors would make you feel more comfortable saying 5 or 6?

**MO'OLELO
OKAY WITH YOU
IF I SHARE MY
STORY?**

ASK IF YOU CAN SHARE YOUR VACCINATION STORY.

Stay within the boundaries of your own experience,

- The questions/concerns you had beforehand
- Where you learned what you know
- Who you consulted with
- How your appointment went
- How you felt afterwards
- How you feel now

**KULEANA
WHOM DO YOU
WANT TO
KEEP SAFE?**

HELP THEM FIND THEIR REASONS FOR VACCINATION.

Show support for incorporating their personal values and health needs of their 'ohana and community into their decision. Consider bridging your reasons as a way to inquire about theirs, for example,

- For me it was...
- Sounds like for you, it's a matter of...
- Have you considered... (common goals and needs)

**KŌKUA AND
KĀKO'O
I'M HERE FOR
YOUR SUPPORT
- NO MATTER
WHAT.**

HELP THEM TAKE THE NEXT STEP.

Make their path to getting the shot shorter, easier and less stressful. Based on what you've learned in the conversation, consider offering to,

- Share resources you found personally informative
- Schedule a telehealth appointment with their physician to answer questions before or after getting the shot
- Make an appointment at a nearby clinic with no wait time and go with them for support
- Give them a ride to the clinic or watch their keiki during their appointment
- Call to hear how they're feeling the day of and days following their appointment



VACCINES ESPECIALLY FOR YOU AND YOUR 'OHANA

Now that you've made the choice to get vaccinated, don't let scheduling or transportation concerns delay doing what's right for you. O'ahu, Maui and Hawai'i Island residents may be eligible to have a local provider give you a first, second or booster shot in the privacy of your own hale. It's time to get your best defense against COVID-19.

GET VACCINATED AT HOME



KĀHEHA

CALL THE HELPLINE FOR YOURSELF
OR SOMEONE YOU LOVE

A local team member at AUW or DOH can help schedule free appointments for homebound individuals.



(808) 586-8332

2-1-1 OR
(877) 275-6569

MĀLAMA: STAY SAFE



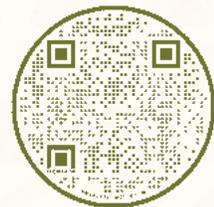
Continue to mask up, social distance, avoid large gatherings and practice good hygiene.

TALK TO YOUR KAUKA



Have your questions answered by a physician you trust or email us at AskAKauka@gmail.com.

STAY AKAMAI



Use trusted sources, not social media. Visit <https://hawaiicovid19.com/vaccine/> or scan the QR code for a statewide list of vaccination sites and pop-up clinics.

Brought to you by
the NHPI COVID-19
Collective Awareness and
Prevention Campaign



LUNALILO HOME
Caring for Kāpuna, Preserving a Legacy