

Keep your community safe: wash your hands, get vaccinated and wear your mask.

### Key Points

1. The COVID-19 vaccine is highly effective at preventing you from getting very sick and spreading the virus.
2. The vaccine greatly reduces the risk of getting and spreading the new variant, but it is still possible for vaccinated people to spread it. That is why it is important to wear a mask when you are indoors or in close contact.
3. Those that are vaccinated should continue to take precautions to keep yourself and others healthy.



Rural Women's Health Project  
www.rwhp.org



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David learns to take care of his health and those around him



Working in the packing house, David finds Helena...



Wait, David -- Why are you taking off your mask?



It's so hot! And besides, I already got vaccinated.



I know. But COVID isn't going away, and there are new variants- like the new variant that are very contagious.



We have to keep wearing our masks when we are indoors.



But I thought the vaccine protected me!



It does!

The COVID-19 vaccine provides the best protection against becoming very sick, ending up in the hospital, or death - including against the new variant.



So then, why do I need to bother with a mask?



Because you can still transmit COVID-19 to others--even if you're vaccinated.

And there are a lot of people, like children, who aren't vaccinated and could get very sick.



Oh, I hadn't thought of that.



My son is only three and can't be vaccinated yet.

What else can we do to protect ourselves?

There are three additional steps...



1. Wash your hands.



2. Keep distance from others.



3. Get tested.

Thanks for your advice, Helena! I'll do anything to take care of my son.



Of course, David. By taking these steps, we can take care of each other!



## PREVENTION AFTER VACCINATION OUTREACH GUIDE

“David Learns to Take Care of His Health and Those Around Him”

### 1. Initial dialogue

Start with an introduction, like this one:

*“Hi, my name is [name]. I’m an outreach worker with [organization]. I’d love to talk with you about prevention of the new variants of COVID-19, like the Omicron variant. What have you heard about COVID-19 variants?”*

Give the participants a chance to respond, then say:  
*I’d love to discuss this with you, so here are some materials to get our conversation started.*

### 2. Read the *fotonovela* out loud with the workers

#### Training Tip

If you’re talking to multiple people, assign them parts and have them act out the script!

### 3. Discussion

After reviewing the materials, ask one of the participants to give a brief summary of the story.





Then, discuss the following questions:

- a. What were you doing to prevent COVID-19 before you got vaccinated (if you're vaccinated)? What are you doing now?
- b. What have you heard about preventing COVID-19 after vaccination?
- c. What did you think about the suggestions for prevention that they make in the *fotonovela*?
- d. Do you feel differently about anything after reading the *fotonovela*?
- e. What's challenging about continuing to prevent COVID-19?
- f. What was something new you learned?
- g. What would you like to learn more about?

#### 4. Resources

Before the session, look up the contact information of local people and organizations that can help participants learn more. Write them down here.

Then, use these resources to help you answer any questions and to connect people to the services they need.

- *General information on prevention after vaccination:*  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- *General information on variants:*  
<https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html>
- *Phone number of a local health center or Department of Health:* \_\_\_\_\_
- *Other phone numbers:* \_\_\_\_\_





### Training Tips

- Throughout the discussion, check in with participants and observe their body language to see how they're feeling.
- Point people to resources so they have reliable information to consult when they feel unsure.
- Offer to continue the conversation with them later, if needed.

## 5. Key Points

Before finishing, review these key points:

- a. The COVID-19 vaccine is highly effective at preventing you from getting very sick and spreading the virus
- b. The vaccine greatly reduces the risk of getting and spreading the Delta variant, but it is still possible for fully vaccinated people to spread it. That is why it is important to wear a mask when you are indoors or in close contact. Even if you're fully vaccinated, you need to continue to take preventative measures for yourself and for others.



### Action items!

Remind participants to:

- Even if you're vaccinated, continue to wear your mask, wash your hands, and keep your distance when possible.
- Protect your community!

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