

# COVID Champion Message

## Background

This message is designed to be a short audio or video message that contains linguistically-accessible and accurate information on the COVID-19 vaccine. Completed audio files and videos will be posted on the NRC-RIM website and can also be shared by office staff with clients through messaging apps, or posted on office-specific social media.

## Instructions

- The message can be revised by office staff from the community to best reach an intended audience. However, the highlighted text should stay the same.
- Office staff can choose to record this message in two ways – audio or video (video highly preferred). If recording in audio, we would prefer to have an accompanying picture if the staff to go with it, but let us know if this is not possible.
- The message should be in the staff member's first language.

## Message

Hi. My name is [First Name] and I am excited to share some important Covid Vaccine information with friends, family, and neighbors. It is important to know that the COVID-19 vaccines are safe and effective. Having side effects – or flu like symptoms for a day or two – is normal and means the vaccine is teaching your body how to fight the virus. You CANNOT get COVID from the vaccine. Protect yourself. Protect your loved ones.



The International Rescue Committee helps people whose lives and livelihoods are shattered by conflict and disaster to survive, recover and regain control of their future.

The National Resource Center for Refugees, Immigrants, and Migrants (NRC- RIM) is funded by the U.S. Centers for Disease Control and Prevention to support state and local health departments working with RIM communities. Learn more at [nrcrim.umn.edu](http://nrcrim.umn.edu). Last update: 04/19/2021.