



COVID CONVERSATION PLAYBOOK



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COACHES AGAINST COVID

PROGRAM OVERVIEW

Coaches Against COVID is a vaccine awareness program in Chicago, IL that leverages youths' connections to sports – and specifically to their coaches – to have open and honest conversations about the COVID-19 vaccine. The program involves the following activities:

- > Coaches trained to have positive conversations about the COVID-19 vaccine with players and their families;
- > Coach-facilitated conversations with players to build knowledge and awareness about the COVID-19 vaccine and its benefits; and,
- > Community-focused events, including town hall-style discussions, to address community-wide questions about the vaccine.

PROGRAM PARTNERS

The program is a collaboration between Laureus Sport for Good USA, the North Lawndale Athletic and Recreation Association, Endless Energy and the Jr Go League, Play Like a Champion, and UCAN and is supported by the Chicagoland Vaccine Partnership.

PLAYBOOK OVERVIEW

The COVID Conversation Playbook* is a guide to having productive and fact-based conversations about the COVID-19 vaccine with players. Over five weeks, coaches will facilitate 5 different weekly ‘COVID conversations’ with their players.

These conversations can take place **before/after practice or games, during another time when you meet with your team, or remotely (e.g., via telephone)** – whenever is most convenient! This manual provides a suggested length of time for each conversation, but keep in mind that some conversations might take longer, and others might be shorter.

The goal of the conversations with players is to:

- > Provide players with accurate information about the vaccines, including what they are, how they work, and where to access them.
- > Have open and honest discussions about the vaccine, including potential fears, hesitations, and perceived barriers that are affecting players.
- > Address myths and misinformation that are preventing players from getting vaccinated.

WEEKLY TOPICS

- > **Week 1:** COVID-19 Vaccine Overview (pg. 11-12)
- > **Week 2:** COVID-19 Facts vs. Myths (pg. 13-14)
- > **Week 3:** Sharing your Vaccine Journey (pg. 15)
- > **Week 4:** COVID-19 Vaccine: Know the Steps (pg. 16-17)
- > **Week 5:** Your Questions Answered (pg. 17)

* Weeks 1 and 3 were adapted from Grassroot Soccer’s COVID-19 Response Curriculum:
<https://grassrootsoccer.org/resources-covid-19/>

PROGRAM KEY MESSAGES

The following are the key messages of the program. Coaches should reiterate these messages over the course of the 5-week conversation series.

#1: EVERYONE AGED 5 AND OLDER ARE ELIGIBLE TO RECEIVE THE VACCINE.

#2: EVERYONE AGED 16 AND OLDER ARE ELIGIBLE TO RECEIVE THE BOOSTER IF 5 MONTHS PASSED SINCE THEIR FINAL DOSE OF THE VACCINE.

#3: COVID-19 VACCINES ARE SAFE.

#4: COVID-19 VACCINES ARE EFFECTIVE AT PROTECTING YOU AND OTHERS FROM SERIOUS ILLNESS AND DYING FROM THE DISEASE.

#5: COVID-19 VACCINES ARE FREE AND WIDELY AVAILABLE.

#6: DON'T BELIEVE EVERYTHING YOU HEAR! SEEK ACCURATE INFORMATION FROM TRUSTED SOURCES REGARDING COVID-19 AND THE VACCINE.

HOW TO USE THE PLAYBOOK

- > Prepare yourself by reading the weekly conversation **at least twice** the day **before** its implementation.
- > Use your guide while you work with the participants, and look out for the different pieces of the Conversation Playbook explained below:

CONVERSATION TOPIC | SUGGESTED TIME

SECTION TITLE

- > Instructions to **READ** to yourself
 - Things to **SAY** to the participants
 - Responses you might **HEAR** from the participants

Coach's Tip: Useful advice, tips, and definitions to help you out!

COVID RESOURCES

INFORMATIONAL RESOURCES

- > The Centers for Disease Control (CDC) provides comprehensive information on the vaccine, including:
 - [Frequently Asked Questions](#), plus:
 - ✓ [Frequently Asked Questions for Children](#)
 - [Myths & Facts](#), plus:
 - ✓ [Myths & Facts for Children](#)
 - [About COVID-19 Vaccines](#)
 - [Communication Resources](#), including Fact Sheets (examples on pages 7-8)
- > The following resources can be used to find vaccine sites near you:
 - [Vaccines.gov](#)
 - Text your zip code to 438829
 - Call 1-800-232-0233

CHICAGO CITY-WIDE RESOURCES

- > City of Chicago Vaccine Overview, including
 - [Chicago Updates](#)
 - [Frequently Asked Questions](#)
 - [Fact Sheets](#) (examples on page 6)
- > If you have questions about the COVID-19 vaccine, you can email: covid19vaccine@cityofchicago.gov
- > If you lost your vaccination card and want to request your vaccination records, please complete the City of Chicago's online form: <https://redcap.link/izrequestform>

NORTH LAWDALE RESOURCES

- > Vaccine locations in North Lawndale:
 - [Lawndale Christian Health Center](#)
 - [Access at Sinai](#)

COVID-19 VACCINES FACT SHEETS



1. VACCINATION IS THE BEST PROTECTION AGAINST COVID-19.

COVID-19 vaccines are highly effective in preventing serious disease, hospitalization, and death. Getting vaccinated is the best way to protect yourself, your family, and your community. Even if you have already had COVID-19, you should still get the COVID-19 vaccine.



2. ANYONE OVER THE AGE OF 5 CAN GET VACCINATED AGAINST COVID-19.

COVID-19 vaccines are recommended for everyone age 5 and older, especially seniors, individuals with underlying conditions, and including people who are pregnant or might become pregnant in the future. Although there have been fewer COVID-19 cases and hospitalizations among children, children can get sick from COVID-19 and spread the virus to others.



3. COVID-19 VACCINES ARE SAFE.

Millions of people in the United States have received COVID-19 vaccines under the most intensive safety monitoring in U.S. history, including studies of thousands of children 5 years and older. You cannot get COVID-19 from any COVID-19 vaccine. You may have some side effects after COVID-19 vaccination, but they should go away in a few days. No long-term side effects have been detected. There is no evidence that COVID-19 vaccines impact puberty or reproductive development in any way.



4. GETTING ALL OF THE RECOMMENDED VACCINE DOSES IS IMPORTANT.

Both the Pfizer and Moderna vaccines require two doses for most people, and it's vital that you get all of the doses recommended for you. While one dose gives you some protection, BOTH doses are needed to get the maximum protection against COVID-19 and its variants. For some people, an additional dose or a booster dose may be recommended.



5. COVID-19 VACCINES ARE WIDELY AVAILABLE AND OFFERED AT NO COST.

COVID-19 vaccines are widely available throughout Chicago, including at doctors' offices, hospitals, pharmacies, community health centers, and special events. You can even get vaccinated at home. All COVID-19 vaccines are offered at no cost to you. No government ID and no insurance are required.



VISIT [CHI.GOV/COVIDVAX](https://chi.gov/covidvax) OR CALL **312-746-4835** TO FIND YOUR VACCINE.

What to Expect after Getting a COVID-19 Vaccine

The COVID-19 shot may cause side effects in some people. Side effects should go away in a few days.

COMMON SIDE EFFECTS

On the arm where you got the shot:

- Pain
- Redness
- Swelling

In the rest of your body:

- Fever
- Chills
- Tiredness
- Headache
- Muscle pain
- Nausea



Ask the facility healthcare provider (or facility staff) for help if:

- The redness or pain where you got the shot gets worse after 24 hours
- Your side effects are worrying you
- Your side effects do not seem to be going away after a few days

HELPFUL TIPS

If you have pain, headache, or fever, ask a healthcare provider (or facility staff) if you can have medicine.

If you are sore where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Use or move your arm gently

If you have a fever:

- Drink a lot of water
- Get plenty of rest
- Dress lightly

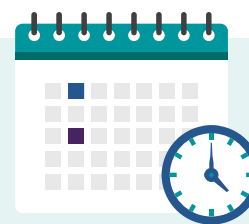


REMEMBER

Side effects may make you feel a little sick or even make it hard to do daily activities, but they should go away in a few days.

Some COVID-19 vaccines need 2 shots to work. You should get the second shot even if you have side effects after the first shot, unless a doctor tells you not to.

COVID-19 vaccines may not fully protect you until a week or two after your final shot. It takes time for your body to build protection after any vaccination.



Even after your COVID-19 vaccination, when you are in a correctional facility, it's important to continue wearing your mask, try to stay at least 6 feet away from others as much as possible, and wash your hands often.



cdc.gov/coronavirus

CS324160A

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called spike proteins. These spike proteins are ideal targets for vaccines.

What is mRNA?

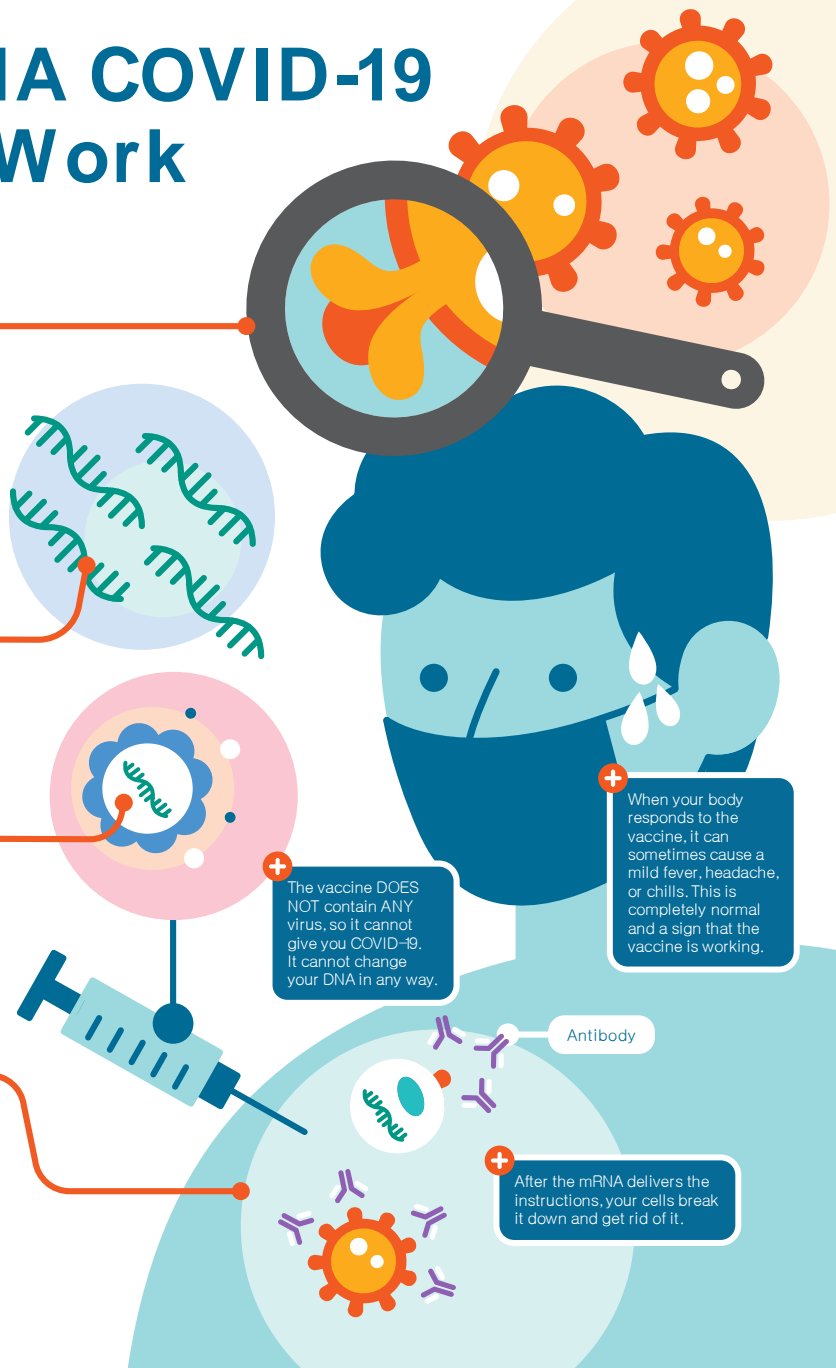
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the spike protein. If you are exposed to the real virus later, your body will recognize it and know how to fight it of.



GETTING VACCINATED?

For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



WEEK 1: COVID VACCINE OVERVIEW | ~15 MINS

WEEKLY OVERVIEW

This week's conversation focuses on building and solidifying players' knowledge of the vaccines – what they are, how they work, and where to access them.

CONVERSATION GUIDE

- > Find a quiet space and have players get comfortable in a small circle, standing or seated.

Coach's Tip: Remember, it is not necessary for you to have all of the correct answers. If you do not know the answer to a question, tell the player you will look it up after practice/game and get back to them the next time you meet.

- > Ask players:
 - ➔ What are vaccines? How do they protect you?
 - Vaccines are medicines that train our immune systems to fight disease without making us sick. Vaccinated people are protected from getting a disease and passing it to others.
 - Vaccines have been around for hundreds of years and have saved millions of lives from diseases such as smallpox, measles, and polio. You have very likely received vaccines for these diseases when you were little. If you have never had one of these diseases, you can thank vaccines!
 - ➔ What is the COVID-19 vaccine?
 - The COVID-19 vaccine is a medicine given through two shots in your arm that provides three benefits:
 - ✓ It greatly reduces your risk of getting the COVID-19 virus;
 - ✓ It protects you from getting very sick or dying if you do get the virus; and,
 - ✓ It reduces your likelihood of spreading the virus to others.
 - The COVID-19 vaccines work by helping our bodies produce antibodies that are required for fighting off the virus. That means that your body will know how to fight off the COVID-19 if you are exposed to the virus after being vaccinated.
 - The COVID-19 vaccines do NOT contain the COVID-19 virus.
 - ➔ Who can get the COVID-19 vaccine?
 - All people in Illinois ages 5 and over are eligible for the COVID-19 vaccine.
 - Children ages 5-17 will receive the Pfizer vaccine, which has been approved for use with this younger age group.
 - Children who receive a vaccine will need to receive their second shot 3 weeks after their first shot.

- Children who have already had COVID-19 should still get the vaccine. People get better protection by getting the vaccine compared to the ‘natural’ protection a person receives from having COVID-19.
- ➔ What is the booster shot? How is it different from the COVID-19 vaccine?
 - The booster shot is another dose of the COVID-19 vaccine. It adds a ‘boost’ of protection.
 - You can receive the booster if you:
 - ✓ Are 16 years or older.
 - ✓ Received the Pfizer or Moderna vaccine at least 5 months ago.
 - ✓ Received the Johnson and Johnson (1 shot) vaccine at least 2 months ago.
- ➔ How do you know the vaccine is safe?
 - Scientists all over the world worked to develop a vaccine for COVID-19 and have found several that are effective. Even before the COVID-19 pandemic, scientists had been studying the technology used in creating the vaccines for many years.
 - The United States Food and Drug Administration, Centers for Disease Control and Prevention, and your local Department of Health have closely studied the vaccines, their effectiveness, and side effects before approving them for use.
 - The process they took is the same as that taken for other routine vaccinations, including childhood vaccines (e.g. Hepatitis B, Measles, etc.). No clinical steps were skipped and no corners were cut when it comes to safety.
 - Almost 3 billion people have received a COVID-19 vaccine throughout the world. The COVID-19 vaccine has prevented millions of infections and deaths.
- ➔ Is it true that some people still get COVID-19 even after they have been vaccinated?
 - Yes, some people still get COVID-19 after being vaccinated, but they are less likely to get severely sick or go to the hospital than someone who is unvaccinated.
 - When vaccinated people get COVID, it is called a ‘breakthrough’ infection – meaning the virus broke through the vaccine’s protective barrier.
 - It is important for vaccinated people to continue other forms of protection recommended by the government, including physical distancing and wearing masks.
- ➔ Are there any side effects from the COVID-19 vaccine?
 - Mild, short-term vaccine side effects are normal. In fact, side effects are a way for your body to show it is building protection.
 - Some people experience mild discomfort, including tiredness, headache, muscle pain, chills, low-grade fever, or nausea.
 - Side effects tend to last for one to two days.

WEEK 2: COVID-19 FACTS | ~15 MINS

WEEKLY OVERVIEW

This week's conversation focuses on addressing the myths around the COVID-19 vaccine. You will play a simple game that involves reading statements and asking players whether they think the statement is a 'fact' or a 'myth'. You will then provide players with accurate information related to the statement.

CONVERSATION GUIDE

- > Tell players that they will play a game to test their knowledge about COVID-19 vaccines.
- > Explain that you will read a statement.
- > After you read the statement, give players a few seconds to think about whether they think the statement is a 'fact' or a 'myth'. Ask players to share their answer. After all players have shared their answers, provide the correct answer and other information they should know.

STATEMENT 1: THE PROTECTION SOMEONE GETS FROM GETTING THE VACCINE IS STRONGER THAN THE PROTECTION SOMEONE GETS FROM HAVING COVID ("NATURAL IMMUNITY OR PROTECTION").

- **FACT!**
- The COVID-19 vaccines provide the strongest level of protection against the virus. Even if someone already had COVID-19, it is important to get vaccinated.
- If someone already had COVID-19, then the vaccine provides an extra layer of protection.
- One study showed that people who already had COVID and decide not to get vaccinated are more than two times as likely to get COVID-19 again compared to those who are vaccinated¹.

STATEMENT 2: THE INGREDIENTS USED IN THE VACCINE ARE ALSO INGREDIENTS IN MANY FOODS.

- **FACT!**
- COVID-19 vaccines involve many ingredients, such as fats, sugars, and salts, that can be found in food we eat everyday!
- The Pfizer and Moderna COVID-19 vaccines also include what is called 'messenger RNA' or 'mRNA'. mRNA teaches our bodies to fight against the COVID virus.
- COVID-19 vaccines do not include ingredients like preservatives, tissues (e.g. aborted fetal cells), or metals. You can learn more about the ingredients of each COVID-19 vaccine, [HERE](#).

¹ [Reduced Risk of Reinfection with SARS-CoV-2 After COVID-19 Vaccination](#)

STATEMENT 3: COVID-19 VACCINES DO NOT GIVE PEOPLE COVID.

- **FACT!**
- Vaccines work by teaching your immune system to create antibodies that are required to fight off COVID. That means that your body will know how to fight off the COVID-19 if you are exposed to the virus after being vaccinated.
- During these processes, our bodies might develop some symptoms, including a low-grade fever. These symptoms are normal, a sign that our body is building protection against COVID-19, and should pass within 1 or 2 days.

STATEMENT 4: ANYONE IN THE U.S. OVER THE AGE OF 5 IS ELIGIBLE TO RECEIVE THE VACCINE.

- **FACT!**
 - People ages 16 and up who are 5 months out from their last vaccination are also eligible for a booster shot. Boosters provide an additional and important layer of protection against the virus.
- > After reading the statements, ask players:
- ➔ What did you think about that game? Did you learn anything new? Did anything surprise you?
 - ➔ What other questions do you have?

Coach's Tip: Note players' questions to answer during Week 5's conversation.

WEEK 3: SHARING YOUR VACCINE JOURNEY | ~15 MINS

WEEKLY OVERVIEW

This week's conversation will focus on your experience with the vaccine – whether you are vaccinated or not – through a 'Coach's Story'. Not all players will have people in their lives who have been vaccinated, so the purpose Coach's Story is to share your personal experience to give them a sense of the steps you have taken and your thought process around getting vaccinated.

COACH'S STORY IF YOU ARE VACCINATED

- > Prepare a "Coach's Story," a personal story about getting vaccinated.
- > Use some of the following questions to help guide your Coach's Story:
 - ➔ Why did you decide to get vaccinated? Who helped you make the decision?
 - ➔ What was the experience like? What happened when you arrived to get the vaccine?
 - ➔ Where did you get the vaccine?
 - ➔ Were you scared or nervous? How did you get over this?
 - ➔ How do you feel now that you've been vaccinated?
 - ➔ What advice do you have for your players who are considering getting vaccinated?
- > Ask players if they have any questions about your Coach's Story, or if they want to share their own personal thoughts or experiences with the vaccine.

COACH'S STORY IF YOU ARE NOT VACCINATED

- > If you haven't been vaccinated, share your plans to get vaccinated.

Coach's tip: It is okay to acknowledge your different fears and hesitations, but be sure to share accurate information about the vaccine. Focus on information shared during Week 1's conversation and provided via the resources on pages 5-8.

- > Use some of the following questions to help guide your Coach's Story:
 - ➔ What has your thought process been like with the vaccine? Have your thoughts about the vaccine changed over time? Why?
 - ➔ What specific fears or types of hesitancy do you have about the vaccine? What steps have you taken to addressing your hesitancy? Who do you talk to about the vaccine?
 - ➔ What advice do you have for your players who are considering getting vaccinated?
- > Ask players if they have any questions about your Coach's Story, or if they want to share their own personal thoughts or experiences with the vaccine.

WEEK 4: COVID-19 VACCINE - KNOW THE STEPS | ~15 MINS

WEEKLY OVERVIEW

This week's conversation gives the players information on how and where to access the vaccine.

CONVERSATION GUIDE

> Review:

→ Who can get the COVID-19 vaccine?

- All people in Illinois ages 5 and over are eligible for the COVID-19 vaccine for **free**.
- Children ages 5-17 will receive the Pfizer vaccine, which has been approved for use with this younger age group.
- Children who receive a vaccine will need to receive their second shot 3 weeks after their first shot.

> Ask players:

→ Where can you receive the vaccine in Chicago?

- The easiest way to find a vaccine is to go to [vaccines.gov](https://www.vaccines.gov).
- In Chicago, the city has several community vaccine sites, including Malcolm X College. Malcolm X College's vaccine site is open on Sundays between 9am and 2pm. Register online or call (312) 746-4835
- In Chicago, you can even schedule to get the [vaccine at home!](#)

Coach's Tip: Show players [vaccine.gov](https://www.vaccine.gov) to help them understand how to use the website. Encourage them to tell their family members and friends about the resource.

→ What do you need to bring to your vaccine appointment?

- A mask
- Insurance cards, if you have them
- Medicare card, if you have them
- Photo ID

Coach's Tip: Hand sanitizer is always nice to bring to appointments!

- ➔ What if you miss my second vaccine appointment?
 - If you missed your second dose appointment, you need to find a provider that carries the same vaccine you received for your first shot.
 - In Vaccines.gov, you can check that vaccine and quickly search for providers that carry it.
- > Explain to players that next week's conversation will involve answering the main questions they still have about the vaccine.
- > Ask players to share what remaining questions they still have about the vaccine and note down their questions. Explain that you will answer their questions next week.

WEEK 5: YOUR QUESTIONS ANSWERED | ~15 MINS

WEEKLY OVERVIEW

This week's conversation will focus on answering players' remaining questions about the vaccine.

CONVERSATION GUIDE

- > This week's conversation will depend on what questions players brought up in Week 4.

Coach's Tip: Work with your fellow coaches and trainers to prepare questions and answers for this session.