**YGT episode 232**

You're listening to, you've got this episode 232. Welcome to you. You've got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic life. I'm your host, Dr. Katie Linder. On this episode, I thought I would talk about the experience of getting my first COVID-19 vaccine shot, because this happened way earlier than I thought it would.

And I know that there are a bunch of folks who are already getting their shots. Um, as States are opening this up to educators, a lot of people who listen to this show or in higher ed. And so you're probably kind of in the same boat where you're getting this a little bit earlier, but I know there's a lot of people who haven't gotten their shot yet.

And so I thought I would just talk about the process, what it entailed for me, um, and how it went. Uh, for this first shot. So as I record this, um, this is being recorded on a Tuesday the day before it's being published. And I got the shot last Friday. So it's been several days since I got the shot. And basically what happened, um, that I understand is my campus was added into our phase two.

Uh, and so everyone on my campus. Was allowed to sign up for their shots. So I got an email on Thursday that said I was invited to do that. And I did not know that was coming. I didn't even know we had been added into phase two. So I immediately went online to see what was available. And I picked a time for midway through the following day.

Now I felt kind of fortunate because I had actually already taken the day off. Um, it was a vacation day for me on that Friday. And so, um, that just seemed kind of good that I was not going to have to worry about how I was feeling in the afternoon and things like that. Um, but I did have a couple important things that I had planned to do on that Friday.

A couple of projects that I was working on. So basically what I decided to do was completely front-load the day, because I was getting the shot in mid day. I got it around 1130. I got up early and I started working on what I wanted to get done that day, so that I just wouldn't have to worry about what was going to happen in the afternoon.

So I got a bunch of work done in the morning and it felt really good. And then I went with my partner to, um, a place on our campus where they are providing the vaccines. Now there were a couple of, uh, forms that I had to print out and fill out and sign. And also just some. Kind of, uh, forms that I had to do online as well before I went to this appointment.

And I'll say, you know, the form that basically, you know, explains in detail how this is like an emergency vaccine and it's not like officially approved and all these kinds of things. I mean, it's a little nerve wracking to read that form and be like, yeah, this is, this is highly experimental. Um, That said I was still so grateful to have the opportunity to get the vaccine shot and start this process.

So the vaccine that is being used on my campus is a Madonna. So that was the, um, the vaccine that I was offered. So I had my first shot last week and then I'll have my other shot, uh, about halfway through April. And then my understanding is about two weeks after that is when, uh, we'll all be kind of fully kicked in.

So when I showed up at the place to get the vaccine shot, it was actually run just really well. Um, I had my paperwork, I had my mask, um, and I walked in and they told me exactly where to go. There were several people waiting to kind of direct you through the building. It was in our kind of rec center. And, um, it made a ton of sense because they wanted to keep everybody social distance.

And there were some large, you know, like gym rooms in there that they could easily keep people away from each other. So I got into one line and they said that they saw that I had my paperwork already filled out. And so they just gave me a numbered card. And then I got into a second line and, um, socially distance, of course.

And I would say that there were a good amount of people, um, that were there, like already getting shots. And I showed up a little bit early for mine, um, just to make sure, you know, I didn't know what the process was going to be, and I didn't really know the area very well. So I left a little early and I got there a little early.

Um, but I was maybe like the fourth person in the socially distance line and it went by very quickly. So from that line, I went to sign in where I had to show my identification. So I showed my ID and, um, they checked the paperwork that I had filled out and then told me to get into another line where I would take that information and go to the actual place where I would get the shot.

So once I went to that place, they asked me a couple of questions, um, about, uh, kind of my reaction to vaccines and, and things that you might expect. Um, fortunately I have not had negative reactions to vaccines in the past, so I wasn't really concerned about that. Um, and so then they gave me the shot. I was fortunate that it was in my left arm, um, because my arm did get a little bit sore and I, I was hoping that that would be the case.

Uh, so the, my right arm is my dominant arm. So they gave me the shot. They gave you my little vaccine card, which I have to admit was just kind of strange. I mean, that we're living in a world where I know we have vaccine cards. I mean, I have them from, you know, when I was young and all these different vaccines I've had over my life and I've traveled internationally.

And so I've had to get vaccines and things for that. Um, but it was just kind of strange to think, like, it may be that in the future in order for us to travel and do other kinds of things, like we're going to have to prove that we have this vaccine. So, um, I got the card and then what they did, um, and this is all taken like maybe five minutes up until this point.

Like it really, I walked in, I got in line everything. Everything went really fast. And then I was like getting the shot. So, um, after that, they had us walk into a different space where there were socially distance chairs. And you were just meant to sit in the chair for about 15 minutes and just make sure you were having a really strong reaction to the vaccine before you left the building.

So in that space, you know, there were several people kind of already sitting there. There was, uh, uh, you could see like medical professionals. In the space, like they were kind of standing around in the middle and there was a stretcher and like they were fully prepared to react if somebody had, you know, a negative response and I'll admit at this point, um, I was a little, you know, like I wouldn't say I was panicked, but I would say my anxiety just got a little bit, uh, triggered because I, I wasn't sure what was going to happen.

You know, you're kind of in this space, you're waiting to see if your body is going to react to something. So I pulled out my phone and just distracted myself as best I could for like 15 minutes. And, uh, everything was totally fine of course. Um, but I could see, like for some people that would be like, the hardest part is when you're waiting for this 15 minutes to see how it's going to go.

Um, but it was totally fine. Walked outside. Didn't feel any kind of reaction at all. Um, and so drove home. And I basically planned to take the afternoon off, um, just because I wasn't sure how I was going to be feeling. And technically it was a vacation day, so I wanted to kind of get some rest in any way.

And I would say, um, I went home and I immediately ate something. Um, I had heard from other people that sometimes, um, The shot can make you a little bit nauseous, but I hadn't had lunch yet. And so I was like, I don't want to avoid having lunch just because I'm not sure, you know how this is going to go. So I had some lunch and I would say within a couple hours of being at home, I started to get, uh, a headache, not like a super significant one.

It certainly wasn't a migraine. But I'd also had a slight headache before I went to get the vaccine. Cause I'd been on my computer all morning and I think I had just, you know, straightened my eyes a little bit. So, um, but that definitely got worse throughout the afternoon and into the evening. And it slightly impacted my ability to fall asleep.

So at that point I started to take some Advil and the main thing I was feeling was just a headache. And I, and I had had a couple of people talk with me about how that was kind of their main response as well. Now, the other thing I should mention, which kind of gave me a little bit of, um, just kind of. I felt supported by this.

I know not everybody is going to do this or would feel comfortable doing this, but we had the option of registering with something called V safe, which is basically the CDC tracking people's symptoms. And I can understand for privacy reasons why some people would choose. Not to register with us, but I wanted to, I felt like whatever information and data we can have about how people are reacting to these vaccines is probably a good thing.

So I went ahead and registered for that and they checked in with me that afternoon, like a couple hours after I got the vaccine to see kind of how things were going. And you fill out just a few questions about if you're. Feeling any effects and what are they? And they give you different options of like what you can check off and depending on how severe, whatever it is, you're responding, they may contact you just to kind of check and see, you know, how you're doing.

So I ended up just having throughout the entire time, um, up until this point, just really mild headaches. I had a little bit of a headache the following day. And then I woke up with my arm pretty sore. Um, by the time that I went to bed, I was starting to feel a little bit of muscle soreness in my arm and in part, just because they inject it right into your muscle.

And so you're going to probably feel a little bit of like a bruise. So I started to feel that a little bit, and then I woke up with it and it was bad enough that I had scheduled a yoga session with someone that morning to, to teach yoga. And, um, I ended up canceling just because I wasn't feeling like totally a hundred percent.

I had the headache I had, my arm was kind of bothering me. But I was able to have all the other appointments that I had scheduled that morning, just because I was able to sit at my desk and I wasn't having to move around. And I was able to take some Advil, which helped with the headache piece. Um, up until today I had a sore arm.

Um, and then I woke up this morning and it wasn't sore anymore. So it took about three and a half days for that to subside. Um, but I definitely would consider. Any of this that I'm describing to be mild symptoms because I just really, it wasn't affecting my work. It wasn't affecting my ability, um, to sleep.

I mean, it was, it was really fine and it was, I was able to handle it with some Advil and it was really no big deal. Now I've also heard from some people that the first shot is kind of a booster. And so you're not going to have as strong a reaction I've heard from other people that they had a strong reaction with the first shot.

Um, I've heard so many things. I mean, like people have said, well, if you've already had COVID, you're going to have a stronger reaction to the shot. I know people who've had COVID who've had no reaction to the shot. You know, I think that the different vaccines you get different reactions, obviously everyone's body is completely different in terms of how you're gonna react to this kind of thing.

So, um, I, I would say that my experience has been over. Well, mainly positive. I mean, getting the shot itself felt very safe. Um, and then the kinds of really minimal reactions I had, uh, just considering like what we're putting into our bodies and what we're asking our bodies to do with this vaccine in a relatively short period of time.

Um, it just feels like this is not a big deal. You know, like a headache and a sore arm. I'm completely willing to put up with that. If it, if this is really going to help me, um, to be safer against COVID-19. So I wanted to just share a little bit about this experience in case, um, you want to hear kind of how this is going for other people.

I also definitely wanted to publicly say that I got the vaccine. I know that there are some people who are questioning whether or not they want to do it. It's obviously a very personal choice. Um, my partner and I have both decided that we are getting the vaccine and, um, he has not gotten an email yet about when that will be.

So, um, I felt a little weird, honestly, about getting the vaccine before he did, because he is more at risk, um, than I am. He has some health conditions that make him more at risk and. Uh, so that was a little weird, but it wasn't really in our control and at least, uh, we're kind of, you know, halfway there in terms of me getting my first shot in terms of one of us getting this.

So, um, I think it's important to obviously make the personal decision for yourself, but hopefully hearing a little bit about it. If you were nervous about what this is going to be like, um, at least this is one more experience that you can hear about. So happy to answer additional questions about this.

You're welcome to email me at hello at Dr. Katie linder.com. You can tweet to me at Katie double underscore Linder. You can connect with me on Instagram at Katie underscore lender, any way you contact me. I always love to hear from you, and I just want to say a big hooray for vaccines. The fact that we got this out so quickly, that it's available, um, and I hope it comes into your neighborhood soon.

If it's not something that you've had available for you yet. So wishing you all, a lot of health and wellness during this period. Thanks for listening.

Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Dr. Katie linder.com/podcast. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for.