

## If You Have a Disability: How to get your needs met so you can get a COVID-19 shot



### What steps do I go through to get a COVID-19 shot?

You go through these steps to get a COVID-19 shot:

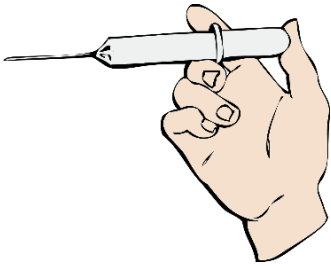
- get information about the shot that you can understand.
- pick a place and time to get your shot.
- get into the building where the shot is given.
- get around inside the building and room where the shot is given.
- follow all directions to get the shot.
- understand what happens after you get the shot.

### What are my rights?



If you have a disability, you have the right to ask for the help you need to get your COVID-19 shot.

You can ask the people that give the shots for help with any of the steps listed above.



You can ask for support, technology, and other kinds of help. This is called “reasonable accommodation.”

If you ask for help, you could say “I need a reasonable accommodation so I can get my COVID-19 shot.”

### What kinds of help can I ask for?

Here are examples of things people with disabilities may need:

#### **Before going for the shot:**



- Helping you set up a place and time to get the shot.
- Letting you come at a time when there are not a lot of people and it is quieter.
- Having someone you choose help you understand paperwork.

#### **While you are at the place where the shots are given:**



- Accessible parking for people who need it.
- Room for wheelchair- users to get around.
- Bathrooms big enough for wheelchairs-users.
- Letting you bring a support person.
- Having a sign language interpreter.
- Reading information to you.

- Providing information and signs in ways you can understand, like:
  - braille
  - large print
  - easy-read versions
  - information that can be read by a screen reader.
- Giving you space away from other people if your body has a hard time fighting disease.
- Letting you come in without a mask if you cannot wear one because of a medical condition.
- Having a quiet room.
- Having a room with a cot.



### **Other things you may need:**

- Sending someone to your home to give you the shot if you cannot go to get the shot.
- Other changes or supports you may need to get the shot.



### **How do I ask for the help I need?**

You can call or email the place you want to go to for your shot.

Ask family or friend to help, if you need it.



See the next page for an example of how to ask for the help you need to get your COVID-19 shot.



### [Do you have questions or need help?](#)

If you need help getting your COVID-19 shot, contact Disability Rights Maryland.

Disability Rights Maryland is an organization that advocates for the rights of people with disabilities in Maryland. It is also known as DRM.

- Phone: 410-727-6352
- Toll-free: 1-800-233-7201
- TTY: 410-235-5387

## How to Ask for a Reasonable Accommodation for a Vaccine

“I am a person with a disability and want to get a COVID-19 shot.  
Because of my disability, I need a reasonable accommodation. I need:

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*Say what you need here*

I need this because:

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*Explain why you need it*

Please get back to me soon. Thank you.”