

Use this guide to help you best capture your vaccine story. Telling your full story along with videos and photographs will help others overcome their possible hesitation in getting the vaccine. Thank you for your participation!

## MY VACCINE DIARY GUIDE

Answer these questions as you experience your vaccination story. Be sure to capture video and photos along the way.

**1** Tell us a little about yourself

- what region of the country do you live in? \_\_\_\_\_
- what is your occupation? \_\_\_\_\_

**2** What has been your experience with COVID?

- have you experienced it personally? \_\_\_\_\_
- or has someone close to you experienced it? \_\_\_\_\_

**3** What made you eligible for getting the vaccine? \_\_\_\_\_

**4** What steps did you have to take to sign up for the vaccine?

- Dose 1 \_\_\_\_\_
- Dose 2 \_\_\_\_\_

**5** How were you feeling (emotionally) before Dose 1?

- if you were hesitant, why? \_\_\_\_\_

**6** How were you feeling before Dose 2? \_\_\_\_\_

**7** What side effects or physical effects did you feel after taking the vaccine?  
(and how did you deal with them)

- Dose 1 and Dose 2 \_\_\_\_\_

**8** What preventive measures are you still taking?

- and why? \_\_\_\_\_

**9** What materials like a COVID Vaccination Record card or app, did you receive after getting vaccinated?

\_\_\_\_\_

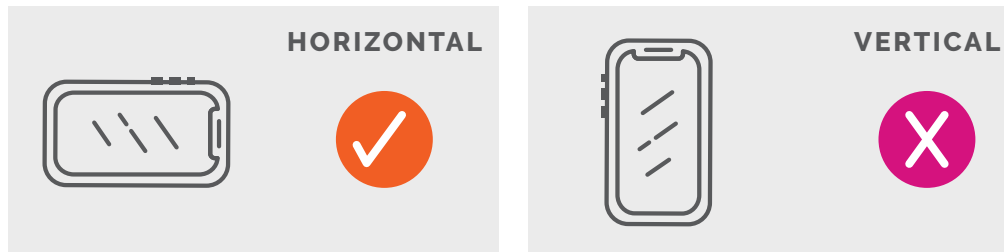
**10** What's your general feeling (emotionally and physically) now?

\_\_\_\_\_

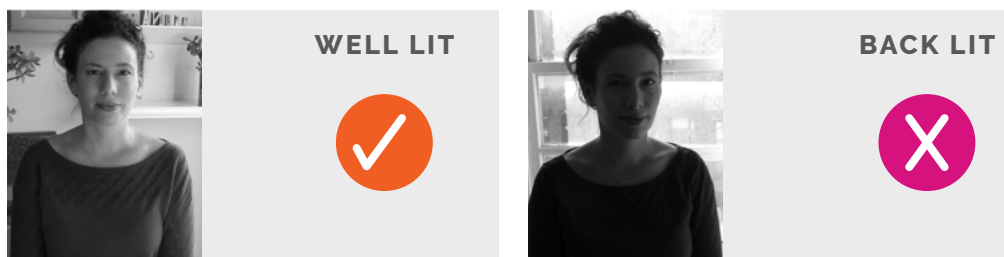
## VIDEO TIPS

Below are a few pointers that will help you provide the best video possible. You may not be able to follow all of these guidelines (aside from filming horizontally), which is okay. Just try as best you can.

- 1 If you have access to a newer model phone, please use that for the video. I.e. If you have an iPhone 6 and a family member or a close friend has an iPhone 10
- 2 Please film with your phone horizontally.



- 3 Try to place yourself in a well-lit area so that your face is visible. To accomplish this, choose a spot with plenty of indirect natural light, such as a window, and try to position yourself so light hits you from the front/side. Try to avoid having a lot of light directly behind you.



- 4 If possible, place the phone on a level, stable surface in front of you so the camera doesn't shake. You can make your own stand by stacking sturdy materials (such as books) to create a surface to lean against. Having another person film may help if you're unable to set up the phone this way.
- 5 To ensure sound quality, try to pick a location without a lot of background noise. If you can't do that, using headphones that have a microphone will help.

## PHOTO TIPS

In addition to documenting your experience via video, please consider adding photos of your experience as well. Below are a few pointers that will help you provide the best photos possible. You may not be able to follow all of these guidelines, which is okay. Just try as best you can.

- **Document everything.** The more photos you take of your process, the better. This will provide the production team with ample resources to use.
- **Get someone else to take the photo.** Sometimes selfies are inevitable, but when possible, try to get someone else to take a photo of you (i.e. when you're standing in front of the clinic preparing to get the vaccine, when you're actually receiving the vaccine, you holding up paperwork after you've received the vaccine, etc.).
- **Be mindful of lighting.** It won't always be possible to control lighting, but when possible, make sure the photo is well-lit.
- **Avoid zooming in.** When you take a photo from a distance, it's tempting to zoom in on something specific you're trying to capture. But it's actually better not to zoom in — doing so can make the photo appear grainy, blurry, or pixelated.