



ShotByShot Round up

stories of vaccine preventable diseases

April 2021

CINTHYA'S COVID-19 STORY
 read at shotbyshot.org

“What if I never got to see my daughters again?”




COVID-19 put nurse Cinthya in the ICU for 3 weeks.

CA Immunization Coalition ShotByShot.org

Debuting our First COVID-19 Story—Also in Spanish!

[Cinthya's Story](#) (written) features Cinthya, a nurse and mother of two who tests positive for COVID-19 during a routine test at work. Her illness takes a turn for the worse and she ends up in the ICU. By the time she tells her story she's recovered and is able to be vaccinated as a front line health care worker. See [La Historia de Cinthya](#) in Spanish.

VPD STORIES
ShotByShot.org



“I always saw those videos and thought that's not me. And it's me.”
 ---Gigi, flu survivor

Meet parents and vaccine-preventable disease survivors in their own words.
ShotByShot.org



CA Immunization Coalition

ShotByShot Stories Promo

The [ShotByShot Stories Promo](#) is a tribute to ShotByShot's story collection. It's a very brief compilation (2:26 min video) of our excerpted stories bringing the power of moms, survivors—those personally impacted by flu, meningitis, Hib, and whooping cough—with words that touch the heart.

ANN'S POLIO STORY
 Watch at shotbyshot.org

“There's a picture of me taking my first step... but some day I will totally be giving up walking.”
 - Ann




Ann's Polio Story: Reminder of a Past Epidemic

We are so pleased to share [Ann's Story](#), contributed by Maine Health. Ann survived polio at a very young age in the 1950s. But as she aged, she found herself with post-polio syndrome and again facing the effects of the polio virus.



“As a public health worker, I believe in protecting my whole community. We each have the power to protect ourselves, our families, and help end the pandemic.”

JANE G. LAKE TAHOE CA



#SleeveUp

Friends of ShotByShot Get Their COVID-19 Shots!

Many thanks to Meme, Rebeca, Henry, Jane, and Tammy for sharing their COVID-19 vaccine selfies. If you want to share your COVID-19 vaccination selfie with ShotByShot, send it to info@shotbyshot.org. We'll be happy to post your proud moment on our Facebook, Twitter, and Instagram channels.

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As a father of 4, I worried about dying from COVID. The vaccine put my worries to rest.”

HENRY E.



“I decided to get a COVID shot to protect myself and loved ones. Most importantly, I want to pass my immunity to my baby girl and protect her!”



THAT'S MY BABY'S FIRST ULTRASOUND!!

Meme T., Pacifica, CA



I got my COVID shot to protect myself, my loved ones and most of all my baby girl!



My baby!

Rebeca B., El Cerrito, California



“One by one protecting our community from COVID-19 and on the path to getting out from under the pandemic.”

TAMMY IN CASTRO VALLEY CA.

To our RoundUp readers: Do you know someone who has experienced COVID-19 or another vaccine-preventable disease? If they are interested in sharing their story to promote education and understanding, please email us at info@shotbyshot.org. We work with family members and health care providers to help them share their personal stories in a nurturing, collaborative process.

