



THE CARD SYSTEM

These four strategies can help you with your vaccination.



HOW TO GET COMFORTABLE

Wear short sleeves, or something that lets you show your upper arm easily for the needle.

Eat a snack.

Bring a favourite item.

Sit up in a chair.

Make your arm loose or jiggle (like cooked spaghetti).

Tense your stomach and leg muscles if you get dizzy.

QUESTIONS TO ASK

What will happen on my turn?

What vaccine am I getting?

Can I ...

- get the vaccine in a private room?
- bring my friend?
- bring a family member?
- bring a trusted adult?
- look at the needle?

HOW TO RELAX

Do belly breathing (pretend to blow out a candle).

Do some self-talk (tell yourself you can handle this).

Have a friend with you.

Have a family member or trusted adult with you.

Have privacy.

HOW TO DISTRACT YOURSELF

Talk to someone.

Play video games.

Read books.

Play music.

Rub your arm.

Sing.

Allow yourself to daydream.

