

THE CARD SYSTEM

These four strategies can help you with your vaccination.

C
COMFORT



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HOW TO GET COMFORTABLE

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

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A
ASK



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QUESTIONS TO ASK

What should I expect when it's my turn?

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R
RELAX



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HOW TO RELAX

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

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D
DISTRACT



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HOW TO DISTRACT YOURSELF

Talk to someone about fun things.

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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 or lie down.

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

Squeeze your knees together if you feel faint or dizzy.



QUESTIONS TO ASK

What should I expect when it's my turn?

What vaccine will I be getting?

Can I have some privacy while getting the vaccine?

Can I use numbing creams or patches?

Can I bring my friend, family member or trusted adult to my appointment?

Can I look at the needle?



HOW TO RELAX

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

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

Have a friend with you.

Have a family member or trusted adult with you.

Go somewhere quiet and private.



HOW TO DISTRACT YOURSELF

Talk to someone about fun things.

Play a game or watch a video.

Read a book or magazine.

Listen to music.

Sing your favorite song.

Allow yourself to daydream about fun things.



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