

C

COMFORT



A

ASK



R

RELAX



D

DISTRACT





HOW TO GET COMFORTABLE

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





QUESTIONS TO ASK

What should I expect
when it's my turn?





HOW TO RELAX

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





HOW TO DISTRACT YOURSELF

Talk to someone
about fun things.





HOW TO GET COMFORTABLE

Eat a snack.





QUESTIONS TO ASK

What vaccine will
I be getting?





HOW TO RELAX

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





HOW TO DISTRACT YOURSELF

Play a game or watch a video.





HOW TO GET COMFORTABLE

Bring a favourite
item.





QUESTIONS TO ASK

Can I have some
privacy while getting
the vaccine?





HOW TO RELAX

Have a friend
with you.





HOW TO DISTRACT YOURSELF

Read a book or
magazine.





HOW TO GET COMFORTABLE

Sit up in a chair or lie down.





QUESTIONS TO ASK

Can I use numbing
creams or patches?





HOW TO RELAX

Have a family member or trusted adult with you.





HOW TO DISTRACT YOURSELF

Listen to music.





HOW TO GET COMFORTABLE

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





QUESTIONS TO ASK

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





QUESTIONS TO ASK

Can I look at
the needle?





HOW TO DISTRACT YOURSELF

Sing your favorite
song.





HOW TO GET COMFORTABLE

Squeeze your knees together if you feel faint or dizzy.





HOW TO DISTRACT YOURSELF

Allow yourself to
daydream about fun
things.





HOW TO RELAX

Go somewhere quiet
and private.

