



THE CARD SYSTEM

Scan for more resources



These four strategies can help you with your vaccination.



HOW TO GET COMFORTABLE

Wear short sleeves or something that lets your upper arm be reached easily.

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 will happen on my turn?

What vaccine am I getting?

Can I ...

- have the vaccine in privacy?
- use numbing creams or patches? *
- bring my friend, family member or trusted adult?
- look at the needle?

*You may need to purchase and apply the numbing cream 20 to 60 minutes prior to your appointment.

HOW TO RELAX

Do belly breathing (pretend to 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.

Have privacy.

HOW TO DISTRACT YOURSELF

Talk to someone.

Play a game or watch a video.

Read a book or magazine.

Listen to music.

Sing.

Allow yourself to daydream about fun things.



Financial contribution from



Public Health Agency of Canada / Agence de la santé publique du Canada

