

# YOUR VACCINE, YOUR WAY!

We use the CARD (Comfort Ask Relax Distract) system to help make vaccinations a more positive experience. Choose from the strategies below to personalize your vaccination experience

## Options for everyone!

### COMFORT



Child on lap/  
sit together



Sit upright



Lie down



Eat snack

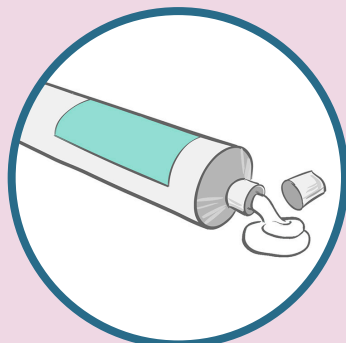
### ASK



Right side or  
left side



About the vaccine



Numbing cream



How it feels

### RELAX



I want someone  
with me



Privacy. No extra  
people around



No talking/noise



Deep breaths

### DISTRACT



Tell me when or  
don't tell me when



Look or don't look



Distract myself



Talk to me



[cardsystem.ca](http://cardsystem.ca)

## Tell us if you have any other requests

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resources

