

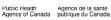


## THE CARD SYSTEM

These four strategies will help you with your vaccination. Use the suggestions on the back to fill in the cards.







Financial contribution from



















C	A		R			D
COMFORT	ASI	K		RELAX		DISTRACT
What would you like to do to make yourself more comfortable?  Privacy (separate room with closed door)  Sit upright on a chair  Sit on a parent's or caregiver's lap  Lay down  Eat a snack or treat  Arm the needle goes in (left or right):  Other:	What have your I the I what usir skir to nee	at questions do you e about the vaccine or appointment? have questions about vaccine have questions about at will happen have questions about ng a medicine on the notopical anesthetic) make the pain from the edle hurt less Other:		How do you want to keep yourself calm?  No or low levels of noise People I want to be with me (nobody or give names):  No extra people around that can see me Take deep belly breaths (like blowing up a balloon) No alcohol wipe beforehand Other:		Do you want to be distracted during vaccination?  Tell me when it will happen Do not tell me when it will happen No conversation with me while I am distracting myself Keep my eyes closed or look away Play with a toy or comfort item from home Use my cell phone to listen to music or watch a video Use a distraction toy or activity provided by the clinic Other:
3		A			R	
Did you review information about CARD before coming today?  No. Please explain:  Yes. Please explain:  Did you play the CARD online game? Yes No  How old are you?  What is your gender?  Some people are afraid of needles. How afraid are you? Not at all A little bit Medium amount A lot						
Do you ever feel dizzy or faint during needles? ☐ Yes ☐ No						
Tell us about anything else you want us to know:						