



Cut here.

 COMFORT	 ASK	 RELAX	 DISTRACT
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CARD SYSTEM ACTIVITY

These four strategies will help you with your vaccination. Use the suggestions on the back to fill in the cards. Cut them out and carry them with you so you can remind yourself wherever you are.





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WHAT DISTRACTIONS WILL YOU USE?

WHAT WILL YOU DO TO RELAX?

WHAT WILL YOU ASK?

HOW WILL YOU GET COMFORTABLE?

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.

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.

QUESTIONS TO ASK

What will happen on my turn?

What vaccine am I getting?

Can I ...

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

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 jiggly (like cooked spaghetti).

Squeeze your knees together if you feel faint or dizzy.