



THE CARD SYSTEM

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



C**COMFORT**

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:

A**ASK**

What questions do you have about the vaccine or your appointment?

- I have questions about the vaccine
- I have questions about what will happen
- I have questions about using a medicine on the skin (topical anesthetic) to make the pain from the needle hurt less
- Other:

R**RELAX**

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:

D**DISTRACT**

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:

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: _____