



# THE CARD SYSTEM

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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.



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