Improving the Vaccination Experience:
Learn how to play your CARDs

**COMFORT**
Find ways to get comfortable.

**ASK**
Ask questions to be prepared.

**RELAX**
Keep yourself calm.

**DISTRACT**
Shift your attention to something else.

The CARD system (Comfort, Ask, Relax, Distract) provides groups of strategies that can be used to make your vaccination experience a more positive one. Choose what CARDs you want to play to reduce the stress and pain associated with vaccinations. There's no wrong move. **Look on the back for ideas.**

To learn more about CARD, go to [CardSystem.ca](http://CardSystem.ca).
HERE ARE SOME IDEAS TO GET YOU STARTED:

**COMFORT**
- Have a snack before and after.
- Wear a top that lets your upper arm be reached easily.
- Bring an item that gives you comfort.
- Relax your arm so that it is loose or jiggly.
- Squeeze your knees together if you feel faint or dizzy.

**ASK**
- What will happen?
- What will it feel like?
- Can I bring a friend or family member?
- Can I have privacy?
- Can I use a numbing cream to dull the pain? *
- Can I lie down?

*You may need to purchase and apply the numbing cream 20 to 60 minutes prior to your appointment.

**RELAX**
- Take slow deep breaths into your belly, breathing in through your nose and out through your mouth.
- Do some positive self-talk (tell yourself you can handle this).
- Have someone with you to support you.
- Have privacy.

**DISTRACT**
- Talk to someone.
- Play a game or watch a video on your phone.
- Read a book or magazine.
- Listen to music.
- Allow yourself to daydream about fun things.

WHAT STRATEGIES DO YOU WANT TO USE?

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*Partner organizations*

[Logos of various organizations associated with the content]