The CARD System

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

**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?

**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.