



THE CARD SYSTEM

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

Financial contribution from



Public Health
Agency of Canada

Agence de la santé
publique du Canada



CIHR IRSC
Canadian Institutes of
Health Research
Instituts de recherche
en santé du Canada



Partner Organizations
UNIVERSITY OF TORONTO
LESLIE DAN FACULTY OF PHARMACY



UNIVERSITY
of GUELPH



camh
mental health is health

AboutKidsHealth.ca

C**HOW WILL YOU BE COMFORTABLE?**

C**A****WHAT WILL YOU ASK?**

A**R****WHAT WILL YOU DO TO RELAX?**

B**D****WHAT DISTRACTIONS WILL YOU USE?**

D**HOW TO GET COMFORTABLE**

Wear short sleeves or something that lets you show your upper arm easily for the needle.

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?

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.