These four strategies can help you with your vaccination.

**THE CARD SYSTEM**

**COMFORT**

- 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.

**ASK**

**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.

**RELAX**

**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.

**DISTRACT**

**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.