These four strategies can help you with your vaccination.

**COMFORT**
Find ways to be comfortable.

**ASK**
Ask questions to be prepared.

**RELAX**
Keep yourself calm.

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

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**HOW TO GET COMFORTABLE**

- 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.

**YOU CAN ASK ABOUT**

- What will happen.
- What it will feel like.
- Bringing a friend or family member.
- Having privacy.
- A numbing cream to dull the pain.*
- Lying down.

**HOW TO 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.

**HOW TO DISTRACT YOURSELF**

- 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.

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