



IMPROVING THE VACCINATION EXPERIENCE:

Overview for school staff

WHAT IS CARD

CARD (C-Comfort, A-Ask, R-Relax, D-Distract) is an evidence-based framework for delivering immunizations at school that is student-centred and promotes coping. CARD also works for more than just vaccines. It can be adapted to other situations where students are anxious or afraid, such as exams and public presentations.

WHAT ARE THE BENEFITS OF CARD?

- It reduces stress-related reactions, including fear, pain, dizziness and fainting during medical procedures.
- It improves the immunization experience for students being vaccinated at school and those who support them such as educators, parents and health-care providers
- It teaches students life-long coping skills they can use for they can use for immunizations other stressful situations.

RESEARCH INSIGHTS BEHIND CARD

- Teachers understand the utility of the CARD system. It can be used for vaccinations and other stressful events such as big tests or major assignments.
- Teachers want to have a role in providing support to students and help mitigate anxiety and fear in students to contribute to a successful experience.
- Teachers' attitudes play an important role in students' vaccination experiences. Teachers can learn ways to promote coping during vaccination.
- Teachers play an important role in advocating that their students' fear and anxiety are addressed with compassion and understanding.
- Parents agree that the quality of the school vaccination experience is important because it can influence their children's feelings and attitudes about vaccinations in the future.
- Children want to be more involved in their vaccinations and are grateful that CARD gives them the opportunity to choose their preferred coping options for reducing stress on vaccination day.

HOW CAN YOU HELP?

- Collaborate with public health partners
- Reinforce student learning and practice
- Remind students of upcoming immunization day
- Support student choices for coping on immunization day
- Praise students for actively participating in their health care

To learn more, visit www.cardsystem.ca and watch our video at <https://youtu.be/FXj6ELi4BVg>.

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