

YOUR VACCINATION, YOUR WAY!

We use the CARD (Comfort Ask Relax Distract) system to help make vaccinations a more positive experience. Choose from the strategies below to personalize your vaccination experience

OPTIONS FOR EVERYONE!

COMFORT



Child on lap or sit together



Sit upright or lie down

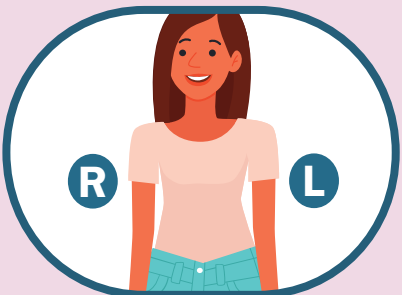


Eat snack

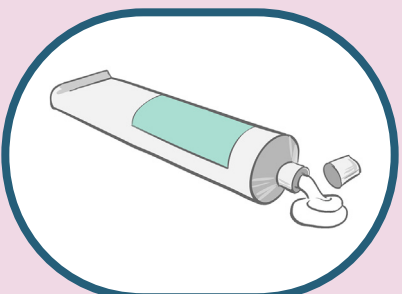
ASK



About the vaccine or what will happen



For right side or left side

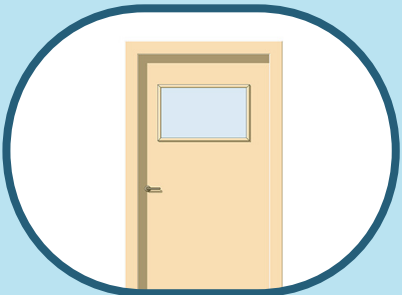


About other ways to make it better

RELAX



I want someone with me



Privacy. No extra people around

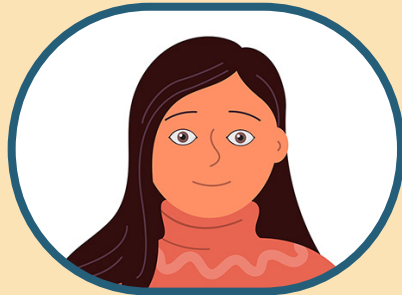


Talk to me about something I like or have no talking/noise

DISTRACT



Tell me when or don't tell me when



Look or don't look



Distract myself with item from home or item from clinic



cardsystem.ca

TELL US IF YOU HAVE ANY OTHER REQUESTS



Scan for more resources

Financial contribution:



Public Health Agency of Canada
Agence de la santé publique du Canada



Partner organizations:
UNIVERSITY OF TORONTO
LESLIE DAN FACULTY OF PHARMACY

