

THE CARD SYSTEM



These four strategies can help you with your vaccination.



HOW TO GET COMFORTABLE

Have a snack before and after you have your vaccination.

Wear a short-sleeved top, or one 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 (like cooked spaghetti).

Squeeze your knees together if you feel faint or dizzy.

QUESTIONS TO ASK

- What will happen at the appointment?
- Can I get the vaccine in a private space?
- Can I lie down to get the vaccine?
- Can I use a numbing cream or patch to dull the pain where the needle enters the skin? (These take 20 to 60 minutes to work, so you will need to plan ahead.)
- Can I bring a friend or family member to support me?
- What does getting the vaccine feel like?

HOW TO RELAX

If you are feeling nervous or scared, you can take deep belly breaths. Take slow deep breaths into your belly, breathing in through your nose and out through your mouth. You can pretend you are blowing out candles.

You can also 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.

