



THE CARD SYSTEM

These four strategies will help you with your vaccination. Use the suggestions on the back to fill in the cards. Cut them out and carry them with you so you can remind yourself wherever you are.





Cut here.

WHAT DISTRACTIONS WILL YOU USE?

WHAT WILL YOU DO TO RELAX?

WHAT WILL YOU ASK?

HOW WILL YOU BE COMFORTABLE?

HOW TO DISTRACT YOURSELF

- Talk to someone.
- Play video games.
- Read books.
- Play music.
- Rub your arm.
- Sing.
- Allow yourself to daydream.

HOW TO RELAX

- Do belly breathing (pretend to blow out a candle).
- Do some self-talk (tell yourself you can handle this).
- Have a friend with you.
- Have a family member or trusted adult with you.
- Have privacy.

QUESTIONS TO ASK

- What will happen on my turn?
- What vaccine am I getting?
- Can I ...
 - get the vaccine in a private room?
 - use numbing creams or patches?
 - bring my friend?
 - bring a family member?
 - bring a trusted adult?
 - look at the needle?

HOW TO GET COMFORTABLE

- Wear short sleeves, or something that lets you show your upper arm easily for the needle.
- Eat a snack.
- Bring a favourite item.
- Sit up in a chair.
- Make your arm loose or jiggle (like cooked spaghetti).
- Tense your stomach and leg muscles if you get dizzy.