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.
### How to Distract Yourself
- Talk to someone.
- Play a game or watch a video.
- Read a book or magazine.
- Listen to music.
- Sing.
- Allow yourself to daydream.

### How to Relax
- Do belly breathing (pretend to blow out a candle).
- Do some positive 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 privacy?
  - use numbing creams or patches?
  - bring my friend, family member or 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 or lie down.
- Make your arm loose or jiggly (like cooked spaghetti).
- Squeeze your knees together if you feel faint or dizzy.