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THE CARD SYSTEM



These four strategies can help you with your vaccination.

COMFORT

Find ways to get comfortable.



ASK

Ask questions to be prepared.



RELAX

Keep yourself calm.



DISTRACT

Shift your attention to something else.



HOW TO GET COMFORTABLE

Have a snack before and after.

Wear a top 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.

Squeeze your knees together if you feel faint or dizzy.

YOU CAN ASK ABOUT

What will happen.

What it will feel like.

Bringing a friend or family member.

Having privacy.

A numbing cream to dull the pain.*

Lying down.

*You may need to purchase and apply the numbing cream 20 to 60 minutes prior to your appointment.

HOW TO RELAX

Take slow deep breaths into your belly, breathing in through your nose and out through your mouth.

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.



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