Recommendations for Reducing Vaccine Pain in Adults

Ahead of time	At time of vaccination	During vaccination	After vaccination
		Procedural Strategies - No aspiration - Most painful last - Fast injection	
	Physical Strategies - **Positioning - sitting upright** - **Relax arm** - **Tense large muscles or lie down** (if history of fainting)		- Cold compress
	Psychological Strategies - **Distraction** (e.g., talk to someone, listen to music) - **Interaction/wording:** > **DO:** *use neutral words to signal the impending procedure* > **DON'T:** *use repeated reassurance, suggest it will not hurt*		
	Pharmacological Strategies - **Topical anesthetics:** liposomal lidocane, amethocaine, or lidocaine-prilocaine 20-60 minutes before injection* **Check product monograph*		- Acetaminophen
Process Strategies - **Education** for providers and individuals			
High Needle Fear Strategies - **Exposure-based therapy** from trained professional such as a psychologist			

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HELP Eliminate Pain in Kids & Adults

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