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# THE CARD SYSTEM



These four strategies can help you with your vaccination.

<p><b>COMFORT</b></p> <p>Find ways to get comfortable.</p> 	<p><b>ASK</b></p> <p>Ask questions to be prepared.</p> 	<p><b>RELAX</b></p> <p>Keep yourself calm.</p> 	<p><b>DISTRACT</b></p> <p>Shift your attention to something else.</p> 
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## 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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