



NERVOUS ABOUT GETTING NEEDLES?

Use the CARD system to have a more positive vaccination experience.

COMFORT

Find ways to be comfortable.



ASK

Ask questions to be prepared.



RELAX

Keep yourself calm.



DISTRACT

Shift your attention to something else.



The **CARD system (Comfort, Ask, Relax, Distract)** provides groups of strategies that can be used to make your vaccination experience a more positive one. Learn how you can play your cards and use the different strategies to reduce the pain, stress and worries associated with vaccinations.

Choose what CARDS you want to play. There's no wrong move. Look on the back for ideas.

Financial contribution from



Public Health
Agency of Canada

Agence de la santé
publique du Canada



HERE ARE SOME IDEAS TO GET YOU STARTED:

COMFORT

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.

ASK

What will happen?

What it will feel like?

Can I bring a friend or family member?

Can I have privacy?

Can I use a numbing cream to dull the pain? *

Can I lie down?

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

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.

DISTRACT

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.

WHAT STRATEGIES DO YOU WANT TO USE?



Partner organizations

