



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.



HERE ARE SOME IDEAS TO GET YOU STARTED:

COMFORT

Have a snack before and after you have your vaccination.

Wear a short-sleeved top, or one that lets your upper arm be reached easily.

Bring an item that gives you comfort.

Relax your arm so that it is loose or jiggle (like cooked spaghetti).

Squeeze your knees together if you feel faint or dizzy.

ASK

You can ask:

- What will happen at the appointment?
- Can I get the vaccine in a private space?
- Can I lie down to get the vaccine?
- Can I use a numbing cream or patch to dull the pain where the needle enters the skin? (These take 20 to 60 minutes to work, so you will need to plan ahead.)
- Can I bring a friend or family member to support me?
- What does getting the vaccine feel like?

RELAX

If you are feeling nervous or scared, you can take deep belly breaths. Take slow deep breaths into your belly, breathing in through your nose and out through your mouth. You can pretend you are blowing out candles.

You can also 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?

