These four strategies can help you with your vaccination.

**How to Get Comfortable**

Wear short sleeves or something that lets you show your upper arm easily for the needle.

Eat a snack.

Bring a favourite item.

Sit up in a chair or lie down.

Make your arm loose or jiggly (like cooked spaghetti).

Squeeze your knees together if you feel faint or dizzy.

**Questions to Ask**

What will happen on my turn?

What vaccine am I getting?

Can I …

• have the vaccine in privacy?

• use numbing creams or patches? *

• bring my friend, family member or trusted adult?

• look at the needle?

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

**How to Relax**

Do belly breathing (pretend to blow out a candle).

Do some positive self-talk (tell yourself you can handle this).

Have a friend with you.

Have a family member or trusted adult with you.

Have privacy.

**How to Distract Yourself**

Talk to someone.

Play a game or watch a video.

Read a book or magazine.

Listen to music.

Sing.

Allow yourself to daydream about fun things.