NERVOUS ABOUT GETTING NEEDLES?
Use the CARD system to have a more positive vaccination experience.

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.

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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
- 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.

**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

- UNIVERSITY OF TORONTO
- LESLIE DAN FACULTY OF PHARMACY
- Immunize Canada
- Anxiety Canada
- Help Kids, Adults
- SickKids