These four strategies can help you with your vaccination.

**COMFORT**
Find ways to be 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.

**ASK**
Ask questions to be prepared.
- 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**
Keep yourself calm.
- 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**
Shift your attention to something else.
- 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.

**YOU CAN ASK ABOUT**
- What it will feel like
- Bringing a friend or family member
- Having privacy
- A numbing cream to dull the pain*
- Lying down

**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.

**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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