

MAKING VACCINES EASIER FOR STUDENTS

BEFORE

- Talk to your parent about the school clinic day.
- Eat a healthy breakfast and wear a short sleeved shirt.
- Decide what you'd like to bring to distract yourself during the needle. [phone, music, book, etc.]



Pssst.. It's OK to look if you want to!

DURING



Take deep breaths and try to stay calm.

Sit up straight and stay still during the needle.



Distract yourself with your phone, music or whatever you decided to bring.

AFTER



Stay with a friend for 15 minutes in case you aren't feeling well.

- Normal side effects may include redness, soreness and swelling of your arm.



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