

Vaccination Day

What to expect

Hey students! Vaccination day is coming up, and we want you to feel prepared.

Before your vaccination:



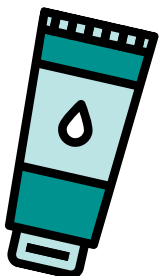
Wear a short-sleeved shirt or something with easy access to your upper arm.

Have a good meal or snack before you arrive.



Bring something comforting like a favourite toy, book, device or even a fidget toy. You've got this!

Drink water to stay hydrated — simple, but important!



You can also use a numbing cream or gel from a pharmacy if you are worried about it hurting. Ask your parent or guardian about it.



When it's time for your vaccination:

1 You will be called to the vaccination area to take a seat.

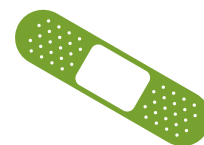
2 The nurse will review your consent with you.

3 Tell the nurse about any CARD strategies you want to use, for example:

- **Comfort:** Hold your favourite toy
- **Ask:** Ask any questions you may have
- **Relax:** Take deep breaths or listen to music
- **Distract:** Use a device, read or talk to someone



4 The nurse will give you the vaccine(s) in your upper arm. It might feel like a quick pinch.



5 All done! You'll get a vaccine record (yellow card) to take home.



After your vaccination:

For a day or two after your vaccination, you might have a sore arm and feel a bit tired. These are normal signs that your body is doing exactly what it should—building protection!

If you feel unwell or have any concerns, tell your parent or guardian.

You've got this!

Vaccines are here to protect you and keep you healthy and strong. So take a deep breath, use your CARDS, and remember, you've got this!

Questions?

1-800-265-7293 ext. 7006

wdgpublichealth.ca/immunizeGr7

