

I am very brave

This booklet is about getting my vaccine today and options to help me feel better.

My name is: _____

Steps for success today:



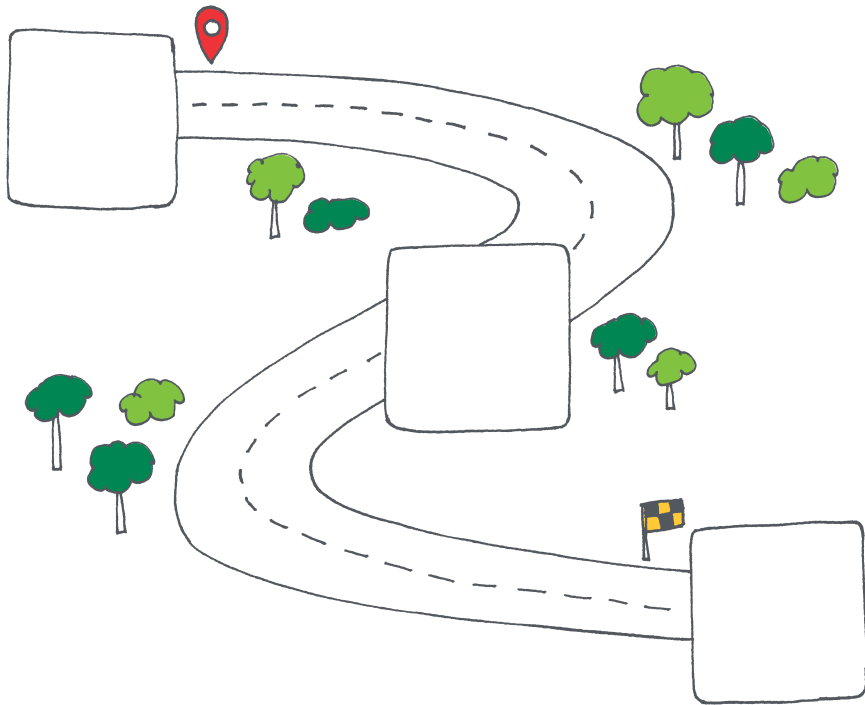
Arrive.



Get my vaccine.



Wait either 15 or 30 minutes, then go home!



Before you get your vaccine, it's helpful to choose something to make it easier! Here are some options you can choose.



Something that vibrates to not feel the poke as much



Distraction to give my brain something to focus on



A comforting position to make me feel safe



Cold spray that feels like an ice cube to numb my skin



Deep breaths to help me stay calm

"MY JOB IS:
KEEP MY ARM STILL
-I MIGHT NEED
SOME HELP"



After you receive your vaccine, you get a prize.



Vaccines are safe.

When I go home, these are things that I can keep doing to protect my community.

- Hand washing
- Mask wearing



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CHILDREN'S
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