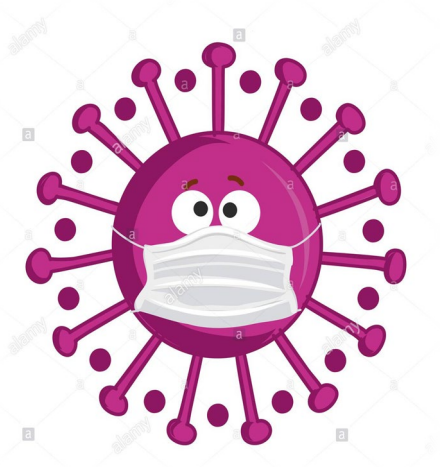


# Preparing for your COVID Vaccine



# Coronavirus or COVID-19



The **coronavirus (COVID-19)** is a germ that can make people feel very sick. **Vaccinations** help protect our bodies from getting sick from germs. Today you will learn about the steps to getting your COVID vaccine at Michigan Medicine.

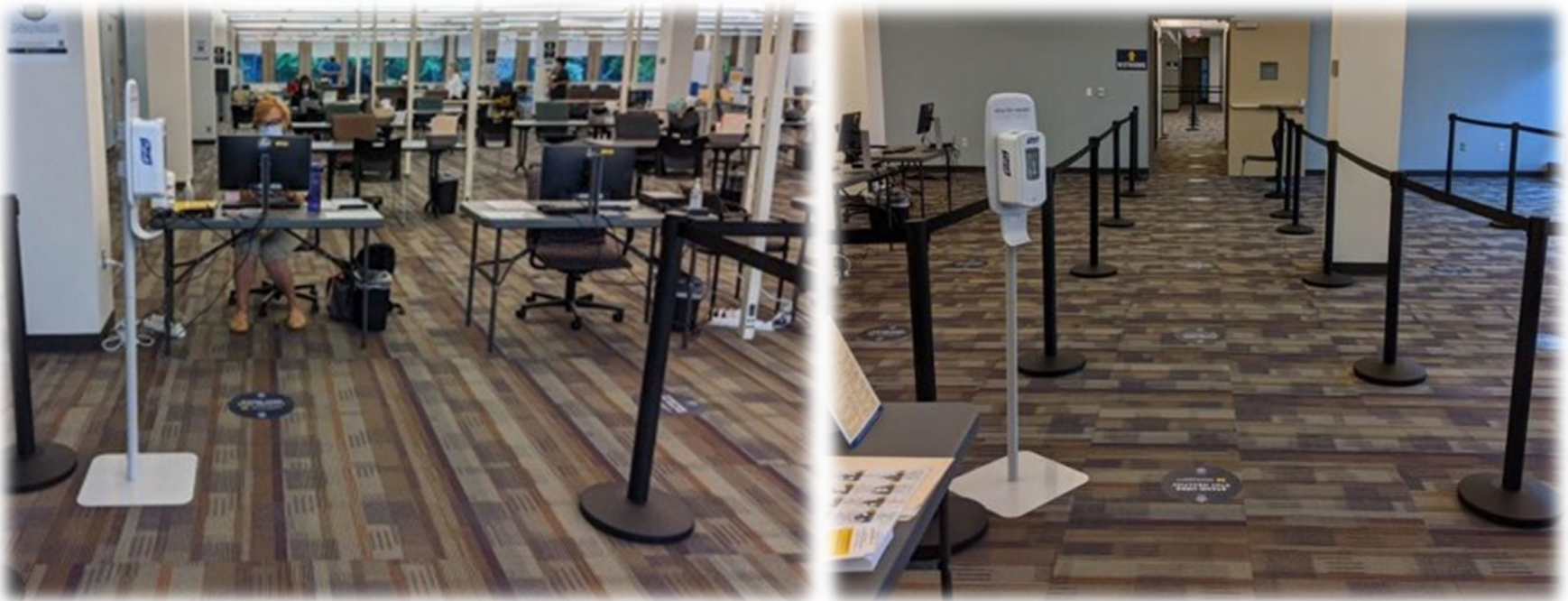
# Welcome

When you arrive for your COVID vaccine at the NCRC (North Campus Research Center), you and the person you are with will follow the signs and walk through the lobby.



# Check-In

You will walk through the door and meet a **helper**. This person will ask you some questions like your name, birthday, and appointment time.



# Station or Room



Next you and the person you came with will go to a station or a room. Let the helper know if a private room would be best for you.

# Distraction & Relaxation

Relaxing your mind and body can help when you get your vaccine.

Here are some ideas to help you relax:

- Sing or listen to your favorite song
- Breathe deeply
- Think of a place that makes you happy and pretend you are there
- Count numbers
- Read a book
- Squeeze someone's hand or squeeze a stress ball
- Tell a story
- Watch TV or movie
- Hold a light spinner



What would be helpful for you? Is there something you can bring from home to help?

# Comfort Positions

## Chest to Chest Bear Hug



Here are some safe ways you and the person you came with can sit.

## Back to Chest Bear Hug



Talk to your nurse about the position that feels best for you.

# Cleaning



Next, the nurse will use a wipe to clean your skin. Some kids say cleaning feels cold on their skin and the wipe smells like hand sanitizer.



# Poke



Once you have made choices for your coping plan, it is time for the vaccine. Do you want to watch or look away during the poke? Do you want to count before the poke, or focus on your distraction or relaxation techniques?

# All Done!

When the poke is done you will get a bandage. Great job!



Next you will sit in the waiting area for 15 minutes before leaving.

You can bring an activity or book to read while you wait.

# Questions?



Remember this is your body, and if you have any questions you can always ask your family, nurse, or doctor. We are all here to help!

# Learn More At:

<https://www.mottchildren.org/covid-19-vaccines-adolescents-children>



Last revised 07/2021