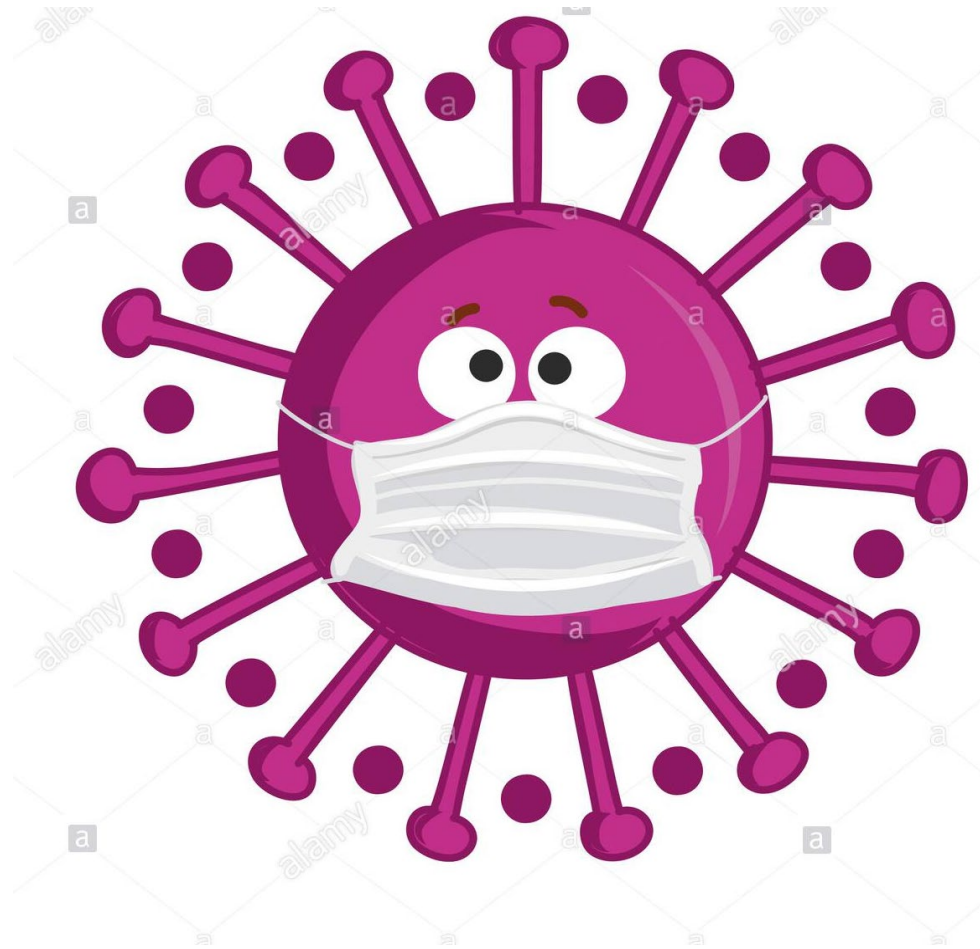


Preparing for your COVID Vaccine (Age 5-11)



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 & Check In

When you come for your COVID vaccine at Northville Health Center, you and the person you come with will follow the signs and walk through the lobby.

You will walk up to the 2nd floor check-in desk and meet a helper, who will ask you some questions like your name, birthday, and appointment time.



Room or Station

Next, you and the person you came with will walk down the hallway.



Follow the stickers on the floor to the conference room and pick a chair to sit in. Let the helper know if a private room would be best for you.

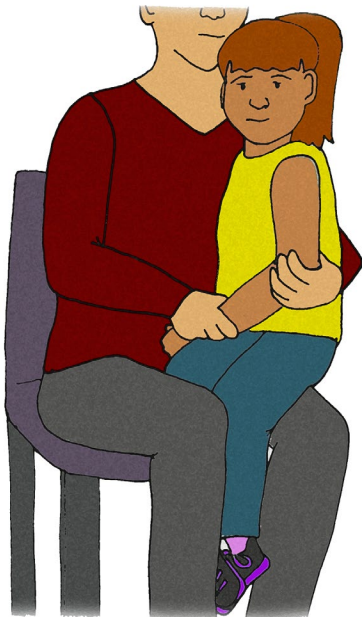
Comfort Positions

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

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

CHILD AND FAMILY LIFE

Side Sitting Comfort Position



Child hugs caregiver
with other arm

Caregiver holds elbow
with one hand, and
forearm with
other hand

Child's legs can be
secured between
caregivers legs

CHILD AND FAMILY LIFE

Back-Chest Comfort Position



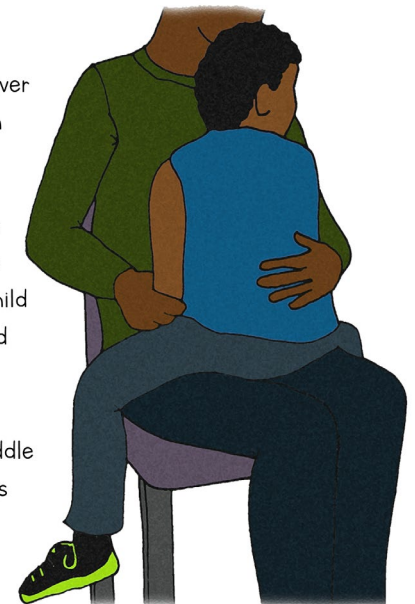
Child sits on caregiver's
lap, facing out

Child's arms are crossed,
with caregiver holding
each forearm

Child's legs can
be secured between
caregivers legs

CHILD AND FAMILY LIFE

Chest-Chest Comfort Position



Child hugs caregiver
with other arm

Caregiver holds
elbow with one
hand, and hugs child
with other hand

Child's legs straddle
caregivers legs

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 a stress ball
- Tell a story
- Watch TV or a movie
- Hold a light spinner or favorite toy

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



Pain Management

Tools like **Buzzy** and **Shot Blocker** can be helpful for minimizing needle pain.

Buzzy and Shot Blocker activate the brain's natural ability to block pain by distracting your pain signals during pokes.





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 or Pinch

Once you have made choices for your coping plan, it is time for the vaccine. Do you choose to watch or look away during the poke? 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 to do or a 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!





EVERY SHOT
COUNTS



To learn more, go to:

COVID-19 Vaccines for Adolescents and Children: <https://michmed.org/zBkKx>

Child & Family Life:
<https://michmed.org/4QV8z>