UNIVERSITY OF OXFORD

OxWell Student Survey

Young People's Health and Wellbeing

Nervous about injections?

Ways to make getting the vaccine as stress free as possible.

You can bring a friend with you to get the vaccine

Half of year 8 students are hesitant about getting the vaccine.

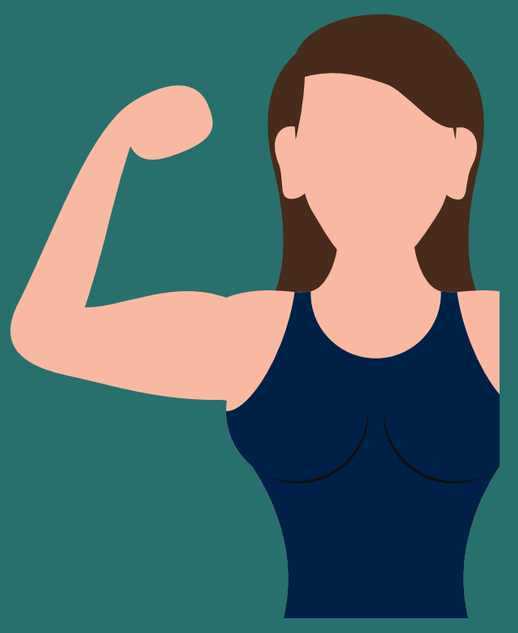
Most young people believe that if they have had covid, they no longer need to get the vaccine.

Before:

- Keep yourself busy before the appointment and don't forget to eat.
- Take your favourite book to read or some good music to listen to.

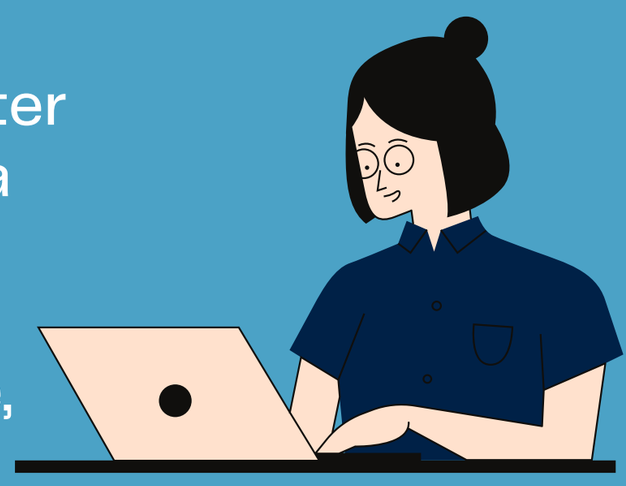
During:

- Let the person who is giving you the jab know if you're feeling a bit nervous.
- Tense and relax your arm muscle before you get injected.
- Count slowly down from 20, this will help as a distraction. hopefully by the time you get to 0, the jab will be done.



After:

- You might have to wait 15 minute after wards, so pack a snack or a drink as a treat while you wait.
- After getting back from your vaccine, plan something nice for yourself as a reward: a relaxing bath, your favourite take away or a good film.



The data provided on this poster was compiled from the 2021 OxWell survey that 180 schools and over 30,000 students participated in.