



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

Before:

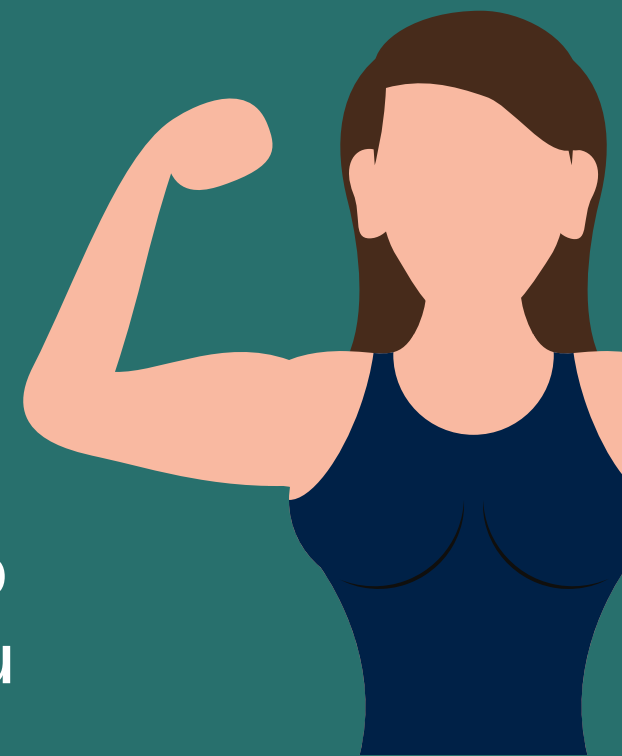
- Keep yourself busy before the appointment and don't forget to eat.
- Take your favourite book to read or some good music to listen to.



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

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.



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

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.

