



What to Know Before You Go



To help you get ready for the COVID-19 vaccine, the Lurie Children's Child Life team is here to teach you the steps.

1.

You will sit in a chair. Your family can be next to you. The nurse will ask for your name and birthday. You can choose if you want your vaccine in your right or left arm.



2.

Next, the nurse cleans your arm with a small wipe. The wipe smells like nail polish remover or a Sharpie marker. It will feel cold and wet.



3.

Then, it is time for your vaccine. The nurse can use Buzzy Bee or Freeze Spray to help you feel the vaccine less. You can decide if you watch or look away, if you want a count of 3 before the nurse gives you your vaccine, and if you want to hold someone's hand. Some kids say it feels like a pinch, other kids say pressure. The vaccine will feel different to everyone. It will be uncomfortable for 10-20 seconds.



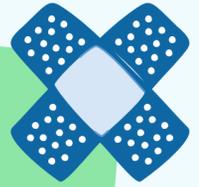
4.

The nurse will put a bandage on your arm where they gave you the vaccine. You will wait with your family for 15-30 minutes in another room. You can do an activity, listen to music, or talk with your family about what you will do when you leave the hospital.





VACCINE DAY CHOICES



Here are some choices to think about before you come to get your COVID-19 vaccine.



- I want to watch the nurse give me the shot.
 - I want to look out the window or at my family.
 - I want to close my eyes.
 - Something else. Write it here!
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- I want to hear someone counting quietly.
 - I want to hear my favorite song.
 - I want to hear a funny joke.
 - Something else. Write it here!
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- I want to hold _____'s hand.
 - I want to hold my favorite toy.
 - I want to hold a stress ball or play-doh.
 - Something else. Write it here!
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