

DEAR LURIE CHILDREN'S KID,



You have probably been hearing a lot about the COVID-19 vaccine. "Vaccine" is another word for a poke with medicine that keeps your body safe from germs that can make you very sick.

Lots of very smart people who work hard every day to learn more about how to help keep kids safe. These very smart people want you to know it's safe for you to get your vaccine! You can learn about the step-by-step plan on the back of this paper.

It is normal to feel nervous before coming to the hospital. Even people who work in hospitals feel nervous about getting vaccines. Remember, it's okay to cry when you feel scared, nervous, or uncomfortable!

To help you get ready for your vaccine, we wanted to share some information, tips, and tricks that we think can help.

**We are already so proud of you.
Thank you for helping make our world a safer place!**

From, The Lurie Children's Child Life Specialists

HERE ARE SOME CHOICES TO THINK ABOUT BEFORE YOU COME.

1 CIRCLE WHAT YOU WANT TO SEE.

- 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!
-

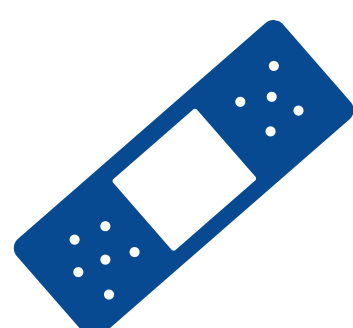
2 CIRCLE WHAT YOU WANT TO HEAR.

- 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!
-

3 CIRCLE WHAT YOU WANT TO HOLD.

- I want to hold _____'s hand.
 - I want to hold my favorite toy or stuffed animal. I
 - want to hold a stress ball or play-doh. Something
 - else. Write it here!
-

TO HELP YOU FEEL THE VACCINE LESS, ASK YOUR NURSE TO USE THE FREEZE SPRAY OR THE BUZZY BEE!

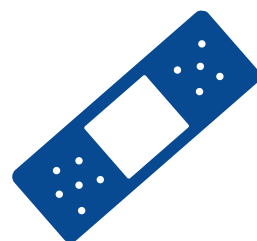


WHAT TO KNOW BEFORE YOU GO

Knowing what will happen before you come to the hospital can help make visiting the hospital easier.

These are the steps in the COVID-19 Vaccine process at Lurie Children's.

STEP 1

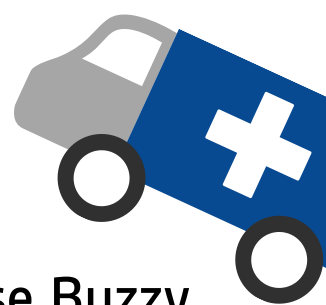


You will sit in a chair. Your family can be next to you. The nurse will ask for your name and birthday. You can choose if you want your vaccine in your right or left arm.

STEP 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.

STEP 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.

STEP 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.

Hooray, you did it!

