

# POKE PLAN

Getting your vaccine helps you stay healthy and protect the people around you too!

While getting a poke isn't fun, there are many ways to make it easier for you. You know you best, so choose the ways you want to be more comfortable and in control!



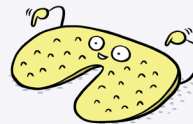
## What's Buzzy?

Buzzy's vibrations block the pain signal so you don't have to feel the poke!



## What's numbing cream?

It's a cream that you put on 30-60 minutes before the poke that numbs your skin!



## What's Shotblocker?

Shotblocker is a plastic device with little "nubs" that distract your nerves. Your brain feels the nubs, but not the poke!

Which arm (or leg) would you like to have your vaccine?

- Left
- Right

Sitting in a comfortable position with people we trust really helps! What position do you want?

- On \_\_\_\_\_'s Lap
- Next to \_\_\_\_\_
- Laying down
- Sitting up
- Something else: \_\_\_\_\_



There are a bunch of ways we can stop the ouch of a poke before it starts! If they are available, what would you like to use?

- Numbing cream
- Vibration
- Shotblocker



You already know how good you are at blocking out the world when you are focused on something you really like. It's like a superpower! What would you like to focus on during your vaccine?

- Video: which one? \_\_\_\_\_
- Book
- Toy
- Music
- Talking to \_\_\_\_\_
- Something else: \_\_\_\_\_

Breathing is a great way to turn down pain signals and anxious feelings. As you take those good, deep breaths, do you want...

- Someone to breathe with you?  
Who? \_\_\_\_\_
- To watch a breathing guide video?
- Nothing...I'll do it myself!



Some kids like to watch the poke and others like to pretend it isn't happening. Which works better for you?

- I want to watch the poke
- I want to focus on something else: \_\_\_\_\_

Do you want to be told what is going on before and /or during the vaccine?

- Yes, before
- Yes, during
- No...I'd rather just pay attention to something else: \_\_\_\_\_

If you do want to be told when the needle goes in, what words do you want used to let you know?

- 1-2-3 count
- "Here it comes..."
- Something else: \_\_\_\_\_

Too many voices can feel overwhelming. Who do you want to talk, if anyone? Who would you like to be quiet?

People who talk: \_\_\_\_\_

People who stay quiet: \_\_\_\_\_

Your trusted adults are great supports! What would you like them to do to help you feel more calm and comfortable?

- Talk and distract me
- Rub my back  Hold my hand
- Hold up a video to watch
- Something else: \_\_\_\_\_

Having something to look forward to really helps! What would like to do / have after the poke? \_\_\_\_\_

*And remember to remind everyone that it helps you if the adults*

**KEEP CALM :)**