

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!



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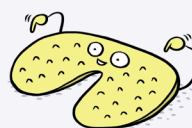
What's Buzzy?

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 you like to do / have after the poke? _____

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

KEEP CALM :)