



I need an immunisation (vaccination)

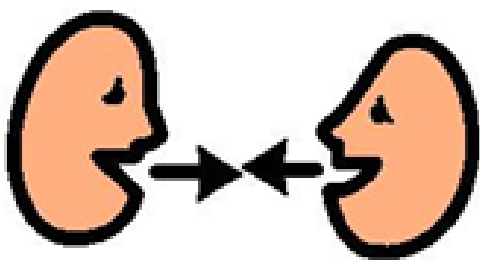
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1



My doctor/nurse has told me that I need an immunisation to help keep me healthy and strong.

2



The doctor/nurse will check with my caregiver when I had my last immunisations. The doctor/nurse will explain to me why I need today's immunisation.

3



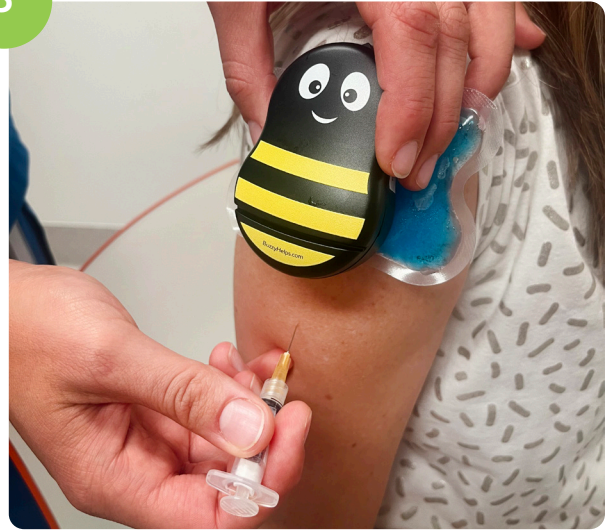
To feel safe and comfortable I can sit on my caregiver's lap, hold their hand, take deep breaths, look/not look, watch a device. This will help me keep still.

4



I can choose to use Buzzy Bee to help block the feeling of the immunisation. Buzzy Bee will vibrate and feel cool against my skin.

5



The immunisation will usually be given into my upper arm and I need to make sure the nurse/doctor can see my shoulder. I need to keep still when it's time for my immunisation.

6



The immunisation is done very quickly – 5 seconds at most. I might feel this, but it won't last long.

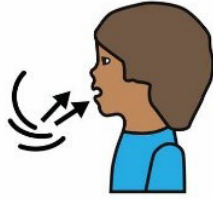
7



The nurse/doctor will put a little bandaid on my arm. I can take this off when I am ready.



Take deep breath



Now that I'm done I can do something that settles me if I'm upset, or find an activity to do while I wait. I need to stay for 15 minutes after my immunisation, and until the rest of my treatments are finished.