



# I need the nasal flu immunisation

1



My doctor/nurse/caregiver said I need an immunisation to help keep me healthy and strong this winter.

2



The nurse will talk with my caregiver. The nurse will tell me why I need it and how it helps.

3



To feel comfortable, I can sit on my caregiver's lap, hold their hand, take deep breaths or watch a device. I can choose what helps me feel relaxed.

4



The nurse will clean their hands and get the vaccine ready.

While I'm waiting, I can get myself ready and make sure I'm in a comfortable position.

5



The spray will go just inside my nose on both sides. My job is to keep comfortable and still, even if it feels a little different.

I can breathe like I always do.

It is very quick. It only takes a couple of seconds!

6



I can choose which nostril I would like first. The nurse will place it just inside my first nostril and will spray it into my nose!

I can focus on holding something in my hands or watching a device.

7



The nurse will move it to my other nostril and press again, squeezing the spray into my nose!

I can use a tissue to dab or take a sip of water when it's finished.

8



Now that the job is done, I can focus on something else to do or find an activity while I wait.

I need to stay around the hospital for 15 minutes after my immunisation.