

My Vaccine Plan

You can use this plan to prepare for getting your COVID-19 Vaccine.



My Name: _____

I want to sit:

- By myself
- On _____ 's lap.

I want to:

- Watch
- Look away

I want to use Buzzy Bee or Freezy Spray to help during my vaccine.

- Yes, Buzzy Bee
- Yes, Freezy Spray
- No

My jobs:

- ★ Taking slow, deep breaths.
- ★ Keeping my body still. If it is hard for me to hold still, an adult will help me by gently holding my arm or hand.

Other things that may help me during my vaccine:

- Playing a game or reading a book
- Counting to 10 slowly