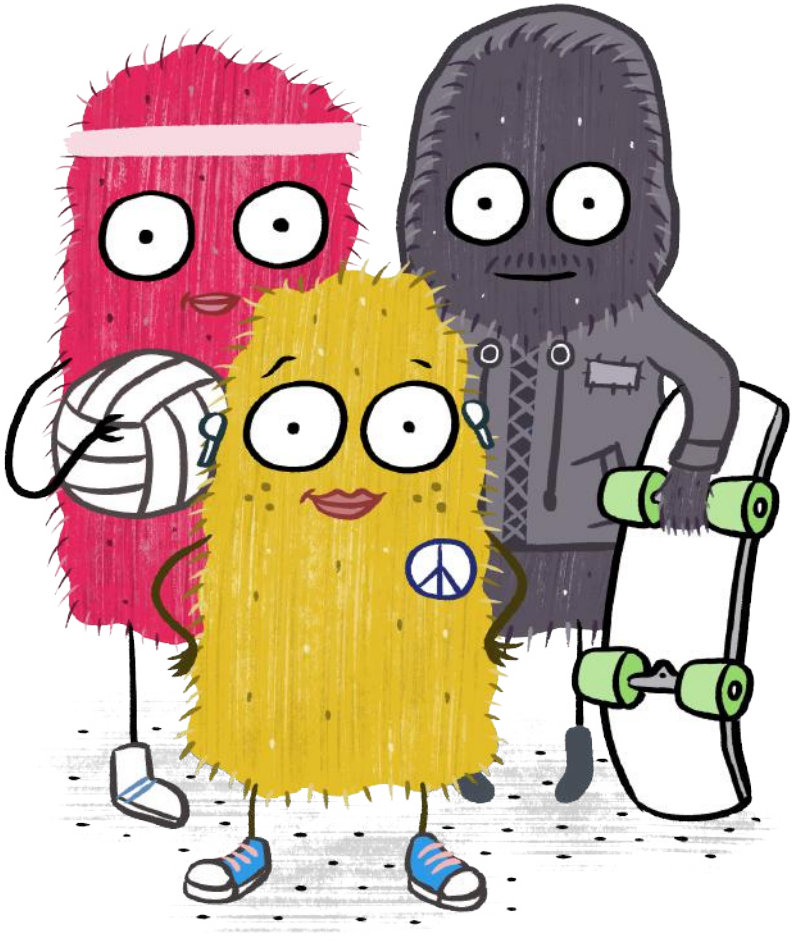


TAKE CONTROL GAME PLAN

Let's be real: no one actually *LIKES* needles.

But whether they strike fear in your heart or you're just not a fan, there are simple ways to make it a lot more comfortable.

Needles may suck, but taking care of your health doesn't, so take control and make a game plan. Check out your options and choose what works for you...

PARENT'S GUIDE!

TEEN RESOURCES!

Meg Foundation
MEGFOUNDATIONFORPAIN.ORG



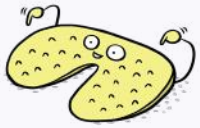
What's Buzzy?

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.

First things first: be ready to ***SPEAK UP***.

You know yourself best, and medical providers aren't mind readers. Take control and tell them what you need to be more comfortable.

Having humans we like around us makes us feel better. It also *CHANGES* the way we process pain, which is crazy but true. Who would you like to have with you? _____

The touch of a trusted person has magical powers to create comfort and calm. Any of these sound good to you?

- ☐ Hold my hand
- ☐ Rub my back
- ☐ Hug me *(side hugs can help your body stay still)*
- ☐ Sit close
- ☐ Something else: _____

Watching other people getting shots can trigger some of our own panicky feelings, so it's best to avoid that as much as possible. Any of these sound good to you?

- ☐ Wait outside until it my turn
- ☐ Focus on something else: _____
- ☐ Make an appointment so I don't have to wait
- ☐ Ask for a private space *(if available)*
- ☐ Something else: _____

Choice is power: which arm would you like to have your vaccine?

- ☐ Left
- ☐ Right

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

- ☐ Numbing cream
- ☐ Vibration
- ☐ Shotblocker

VIBRATION VIDEO

NUMBING CREAM VIDEO

You can pick more than one!

You already know how good you are at blocking out the world when you are focused on something you really like. You can use that superpower to tune out pain and stress too. What do you want to focus on before and during your vaccine?

- ☐ Something on the phone/tablet: _____
- ☐ Music ☐ Someone talking to me: _____
- ☐ Something else: _____

Breathing is the ultimate hack of your nervous system. Simple, but a very, VERY effective way to take control. As you take those good, deep breaths, do you want...

BREATHING VIDEO GUIDE!

- ☐ Someone to breathe with you?
  Who? _____
- ☐ To watch a breathing guide video like this one
- ☐ Nothing... I'll do it myself!

Some people feel more in control when they watch while others just like to pretend it isn't happening. Which works better for you?

- ☐ I want to watch ☐ I want to focus on something else

Let the medical provider know which way works best for you:

- ☐ Tell me when the vaccine goes in
- ☐ Just do it and let me focus on other stuff

If you are one of the many who are worried about passing out, here are simple ways to keep you upright:

- ☐ Drink lots of water beforehand ☐ Take slow deep breaths
- ☐ Squeeze your leg and ab muscles repeatedly
- ☐ Ask to lie down for the poke ☐ Sit cross legged
- ☐ Use Buzzy Bee *(the vibration prevents passing out)*

Having something to look forward to really does help. What small reward would help you power through?

_____

YOU GOT THIS! :)

*Remind everyone else that stress is contagious & it really helps if they would **KEEP CALM***