



Vaccinations



Vaccines help keep your body healthy and protect you from germs. A medical assistant will give you your vaccine at the end of your clinic visit. A vaccine goes into your body through a poke.



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When it is time for your vaccine, you can either sit on the exam table or the chair. Some kids choose to sit by themselves. Other kids like to sit with their grownup.



What will you choose?



Your medical assistant may put your vaccine in your upper arm or upper leg. They will clean the small spot on your body with cold soap.



Your job is to hold very still to keep you safe. Someone can help you hold still if you need it. Some kids choose to watch and other kids like to look away.



What will you choose?



Now take slow, deep breaths and relax the muscles in your arm. The medical assistant will give you your vaccine shot – kids say it feels like a pinch. Some kids like to use their other hand to squeeze a stress ball or their grownup’s hand.



You did it! The medical assistant will put a bandaid on your arm or leg. Getting a vaccine can be very quick!



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