

Making vaccines easier for teens

PLAN AHEAD

Talk to your parent about the health visit:

- Decide what you'd like to bring with you to help distract you from the needle – like a cell phone, music or a book.
- It's OK to look if you want to.
- Ask about using numbing creams or patches.



DURING THE VACCINATION



Take deep breaths and try to stay calm.



Sit up during the needle.



Distract yourself – use your phone, music, or whatever you decided to bring.

AFTER THE NEEDLE

- Stay seated or lie down after the needle. Some teens can feel faint after a needle, so sitting or lying down for 15 minutes may help.
- Talk to your doctor about taking acetaminophen or ibuprofen after the needle for fever, aches or pain.

