



# Tips to keep in mind as you plan your COVID-19 vaccination:



## **COMFORT:**

Wear a short sleeve shirt, bring a friend and a snack.



## **ASK:**

If you have any questions, ask a health care provider before you go or at the clinic.



## **RELAX:**

If you feel nervous, take deep breaths to help relax your mind and body.



## **DISTRACT:**

Talk to someone, or listen to music if you feel you may need a distraction.