

WHAT IS A VACCINE?

VACCINE BASICS



A vaccine, also known as an immunization, is a small amount of medicine that goes into your body to keep you healthy and protected from certain germs that can make you sick.

STEP ONE

Vaccines are usually placed in the muscle in your upper arm, near your shoulder. You can tell your nurse which arm you'd like your vaccine to go in.



STEP TWO

Your nurse will clean your arm with a cold, wet wipe to make sure there are no germs on your skin.



STEP THREE

Your nurse will use their fingers to gently push and hold the muscle on your arm.



STEP FOUR

Your nurse will use a poke to give you your vaccine. You may feel a pinch, but that feeling will go away quickly.



STEP FIVE

Your nurse will remove the poke part from your arm. They may use a dry, soft cloth to wipe your arm. Then you will get a band-aid.



HELPFUL HINTS

While you are getting your vaccine, it's very important to keep nice and still until the immunization is over. You can choose to sit with a grown up or by yourself, watch something on a phone or tablet, use a fidget, and hold someone's hand. You can also use Buzzy to help you not feel the poke too much.

