May We Offer You One of the Following Comfort Items?

- **Water or juice**
  Drinking fluids prior to vaccination may help reduce the risk of feeling faint or dizzy.

- **Snack**
  Eating a small snack prior to vaccination may help reduce the risk of feeling faint or dizzy. Salty snacks, such as crackers, may be especially helpful.

- **Warm blanket**
  For your comfort before or after vaccination.

- **Squeeze ball**
  Squeezing a ball can help keep your blood pressure up during vaccination. This action may help prevent faintness or dizziness and may also provide a good distraction.

- **Headphones/earbuds**
  You can use these with your own device to help distract you during vaccination.

- **Pinwheel**
  Blowing on the pinwheel encourages relaxing, deep breaths. Also a great distraction tool!

- **“shotblocker”®**
  We will press a flexible plastic disk firmly against your skin at the injection site. This helps to block pain signals so your shot is less painful.

- **Single-use cold pack**
  Applying a cold pack to your injection site may help reduce pain and swelling after vaccination.

- **Self care info sheet**
  Helpful tips for post-vaccination.

We Want You to be as Comfortable as Possible:

- Would you prefer to lie down or sit up while you receive your vaccination?
- Would you prefer your vaccination in your right or left arm?
- Please let us know if you feel dizzy or faint after your vaccination, so that we can allow you to rest for a few minutes before leaving.