

My COVID-19 Vaccine Roadmap

Welcome!

This is the start of your vaccine road trip!

dose 1

dose 2

Stop #1:

How are you feeling today?

dose 1

dose 2

Stop #2:

Let's find out who you are! Can you tell us your name and birthday?

dose 1

dose 2

Stop #4:

Time to relax and tell a joke or two!

Q: What is a little bear with no teeth called?

A: a GUMMY bear!

Q: How do we know the ocean is friendly?

A: it waves!

Stop #3:

Immunization Station I'm ready. I can do this! I am going to relax and make my arm loose like cooked spaghetti.

dose 1

dose 2

Stop #5:

Let's finish up! We're so glad you came today! Don't forget to keep washing your hands lots and wear your mask!

dose 1

dose 2

My next COVID-19 Vaccine Road Trip is:



Vaccine strong Durham
durham.ca/covidvaccines



Nov 2021



Roll Up Your Sleeves
Durham...

Tips to get ready for my vaccine



I am going to relax and make my arm loose like cooked spaghetti.

I am going to take in some slow deep breaths deep into my belly. I'm going to breathe in through my nose and out through my mouth.

I am going to listen to some music.

I am going to daydream about fun stuff that I like!

I am going to do something else to distract me. Maybe I'll play with a Pop-It or squeeze my stuffy.

I am going to talk to someone.

Do whatever works for YOU!

If I have any questions, I am going to ask.

I am going to play a game or watch a video on someone's phone.

I am going to tell myself that I can do this!



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