

# Commitment to Comfort: Client Summary

Information to improve comfort with immunizations

## What is the Commitment to Comfort?

Up to 25 per cent of adults have fears or worries about needles. AHS' Commitment to Comfort (CTC) includes five principles to help ease pain and distress before, during and after immunization. These principles are based on research.

## Five CTC Principles

### 1. Make a Comfort Plan (before immunization)

- You can make a comfort plan for yourself before your immunization appointment.
- Review the CTC principles below to see what would work best for you.
- Wear a shirt that can be rolled up to the shoulder, or that is short sleeved.

### 2. Use Numbing Cream - optional (before immunization)

- Numbing cream goes on the skin to help lessen the pain of a needle.
- Numbing cream may not be right for everyone.
- Talk to a pharmacist about a numbing cream product that is right for you.
- Apply numbing cream **before** your appointment.
- Numbing cream will **not** be available or offered at AHS immunization sites.
- Brand names include Ametop, Emla and Maxilene. Follow package instructions.
- See [Numbing Cream Guide](#) for more information and talk to a pharmacist.

### 3. Position Comfortably (during immunization)

- If possible, sit in an upright comfortable position with your arm relaxed.
- If you have fainted before with an immunization, or are feeling faint, immediately tell a healthcare provider and if possible, sit or lie down.
- Tensing and relaxing muscles can help (tense for 15 seconds then, relax for 15 seconds).

### 4. Use Distraction (during immunization)

- Distracting yourself from the immunization can help you feel more comfortable.
- You can shift your attention away during the immunization. For example: take slow deep breaths, use your phone/tablet, or think of a favorite place.
- See the [Distraction Techniques Guide](#).
- Talk to your immunizer or support person about what works for you.
- Remember to come prepared with earphones or a comfort item, if needed.

### 5. Use Positive Language (before, during and after immunization)

- Remember what CTC comfort strategies worked well and use them the next time.
- Consider sharing your positive immunization experience with others.

For more info: [COVID-19 Care after Immunization](#)