

COVID-19

Distraction Techniques

Ease pain and distress before, during and after immunization



Deep Relaxation Breathing

Breathe in through your nose and out through your mouth
Count to 3 each time



Use Technology

Use a phone or tablet to play a game or listen to music



Shift Attention

Look away from the procedure or think about a favorite place



Rapid Fire Questions

Name 5 cities
Name 4 sports
Name 3 types of fruit



Engage Another Part of the Body

Wiggle your toes or fingers
Relax the arm getting the immunization