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

We’re in this together.
We’ll get through it together.

ahs.ca/covidvaccine
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