

# Patient Information Sheet

## Assisting people who have needle phobia or live with development challenges to receive the COVID-19 vaccine

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Immunization against COVID-19 is very important, and we understand that some people may have needle fears or live with development challenges that make it more challenging to receive the vaccine.

There are supports available to help reduce pain and distress associated with immunization, and improve the comfort and overall experience of those who have needle phobia or live with development challenges that may interfere with them being immunized against COVID-19.

- It is recommended to please speak with your primary care provider first about your concerns. Primary care providers often deliver life-long care to patients and have access to strategies or previous, successful, procedural experiences that may be best suited to fit a person's unique care needs.
- Ask your care provider about AHS' Commitment to Comfort program or visit [ahs.ca/vaccinecomfort](https://ahs.ca/vaccinecomfort) for more information. Commitment to Comfort provides resources to help make a person's immunization experience more comfortable, including distraction techniques and how to access and use numbing cream.
- Access a specialized AHS COVID-19 Low Stimulus immunization clinic, which is a service for people with behavioral or special needs who require a quieter, less stimulating environment, or speak with your local AHS Public Health department about how they may be able to accommodate your needs. Please have the following information ready, prior to inquiring:
  - Name
  - Date of Birth
  - Personal Healthcare Number
  - Address (incl. city/town and postal code)
  - Name of support person
  - Phone number
  - Reason vaccine needed in low-stimulus setting
- **Calgary Zone:** A Low Stimulus clinic is available in Calgary. Appointments at this clinic can be made by calling Health Link 811 where a Registered Nurse can perform an assessment and make a referral to the clinic.
- **Central Zone:** Contact the Central Zone Immunization Triage Team by calling (780) 312-7972 or emailing

- [COVID-19.GenZImmsTriage@albertahealthservices.ca](mailto:COVID-19.GenZImmsTriage@albertahealthservices.ca) to see how they can accommodate your specialized needs at your immunization appointment
- **Edmonton Zone:** A Low Stimulus clinic is available in Spruce Grove. Appointments at this clinic can be made by calling Health Link at 811 where a Registered Nurse can perform an assessment and make a referral.
  - **North Zones:** Contact your local AHS Public Health or Community Health Services office to discuss how they can accommodate your specialized needs at your immunization appointment. Visit [ahs.ca](https://ahs.ca) for contact information.
  - **South Zone:** Contact your local AHS Public Health or Community Health Services office to discuss how they can accommodate your specialized needs at your immunization appointment. Visit [ahs.ca](https://ahs.ca) for contact information.

Depending on a person's complex needs and care plan, there may be other supports available to help them receive their COVID-19 immunization, such as anaesthesia support. This includes family physicians working with other healthcare professionals, including dentists, to coordinate immunization during a pre-planned operative procedure. Please ask your primary care provider for more information.

For more information about the COVID-19 vaccine, with [ahs.ca/covidvaccine](https://ahs.ca/covidvaccine).