



Getting Vaccinated

A Story About Kids Like You





Being sick is not fun!
Sometimes it can even
be serious. Especially if
germs are spread to
other people.



Luckily, scientists created *vaccines* that can keep us healthy and safe.

A *vaccine* is a special kind of medicine that helps your body build *immunity* or protection against illness or disease.



You might hear adults talking about the COVID-19 vaccine and the Flu vaccine.

Vaccines are important because they keep us healthy and safe.



Sometimes a vaccine is given by an *injection*, also known as a shot.



A technician, nurse, or pharmacist will use a small needle to put the medicine in your arm.



Let's learn about what happens when people get *vaccinated*...



Before your shot, the technician, nurse, or pharmacist will clean your arm with a wipe or cotton ball.



Sometimes the wipe feels cold, but it does not hurt.



A shot has a small
needle. Some people
are afraid of needles.

It's okay to feel afraid.



If you are afraid, you can:

- Hold an adult's hand.
- Sit in mom or dad's lap.
- Use a fidget (like a squishy ball).
- Look at a picture or sign on the wall. Count the colors or words you see!
- Take 5 deep breaths.
- Slowly count to 10.
- Sing your favorite song.



The nurse,
pharmacist or
technician will give
you the shot.

This happens quickly
and feels like a pinch.



Lastly, you will get a band aid.

Now you can feel proud that you protected yourself, your family and your friends by getting a vaccine!



After the vaccine, some people have *side effects*.

This means that you may:

- Have a sore arm
- Feel tired
- Have a headache

This is normal and goes away after a couple of days.

These side effects let us know that the vaccine is working.

You can be a hero!



When you are vaccinated, you help to keep you, your family and your friends from getting sick.

For more information or assistance getting a vaccine or booster shot,
call (401) 216-9660, email vaxhelp@AccessRI.com, or visit our web site AccessRI.com.

