

Immunization Success Guide

Fainting Support



BEFORE

- Drink 16 oz. 1 hour before
- Sit, don't stand while waiting

DURING IMMUNIZATION

- Block sharp pain (see Pain Support)
- Tighten stomach muscles
- Purse lips and blow out slowly
- If needed, lift up knee to push extra blood to head

Pain Support

BEFORE

Press Buzzy® to numb the skin to sleep

- 60+ seconds
- Use ice for extra numbing



WHILE CLEANING

Move Buzzy® up between the brain and the pain

DURING IMMUNIZATION

Put the shot near the dot



Anxiety Support

Distraction lowers pain by 50%.

- Count lights, ceiling tiles, or slats in vents
- Have a friend read DistrACTION® cards to you
- Ask clinician for another focus

Soreness Support

AFTER

Press Buzzy® over bandage to massage muscles

- 2-3 minutes
- Ice optional

