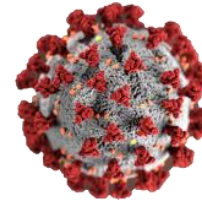


# Getting My COVID-19 Vaccine



COVID-19 is a virus that is making a lot of people very sick. Some people may even need to go to the hospital to get the doctors to help them feel better.



There is now a COVID-19 vaccine. A vaccine is medicine that is put in my body by a needle that will help protect me from getting COVID-19.

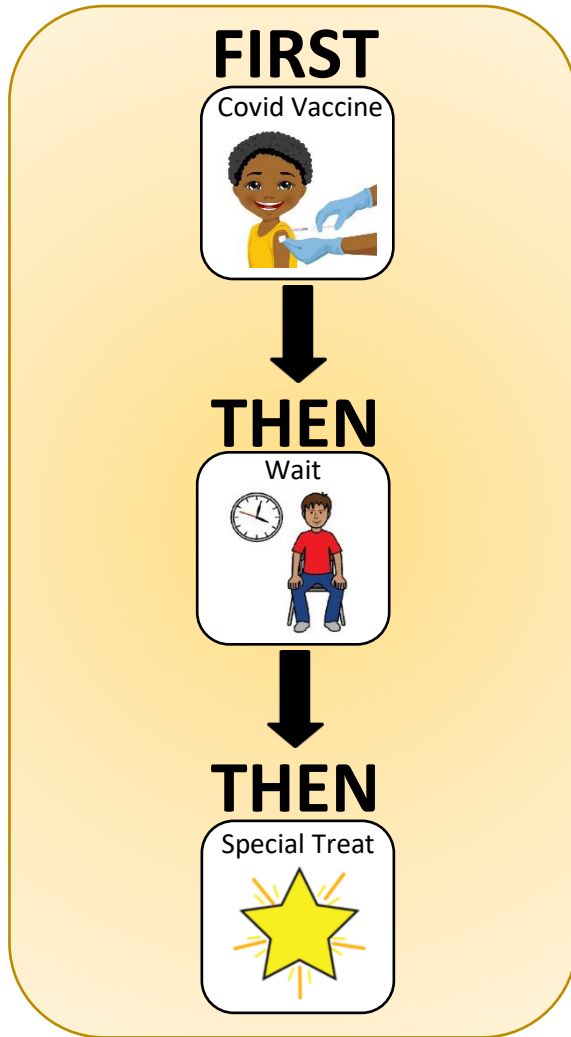


An adult will book me an appointment to get my vaccine. I may go to my doctor's office, a pharmacy, or I may need to go to a large vaccination clinic.



If I go to a vaccination clinic, there may be a lot of people and it might be a little loud.

First, I need to get my vaccine,  
then I will have to wait, and  
then I will get a special treat!



When it is my turn to get the vaccine, I need to roll up my sleeve. The nurse will rub a cold wipe on my arm to clean it.



I need to sit very still in my chair and keep my hands down. If I need to, I can hold my mom or dad's hand. I can also look away or close my eyes if I feel nervous.



The vaccine might hurt a little bit, like a mosquito bite, but it will be over very quickly.



The nurse will put a band-aid on my arm when it is all done.



The nurse I will ask me to sit and wait 15 minutes before I can leave.



While I wait, I can keep myself busy by:



Talking to my mom or dad



Playing on a phone or tablet



Reading a book



Playing with a small toy

I will need to come back and get a second shot of the COVID-19 vaccine in 1-4 months. I will follow the same steps for the second shot.



After I get my vaccine, I might have a:

Sore Arm



Headache



Tiredness



Fever



But after a couple of days, I will feel good again!

When the test is all done, I get my special treat for being very brave!



If you have any questions or concerns, please contact us at

[autism@handstfhn.ca](mailto:autism@handstfhn.ca)

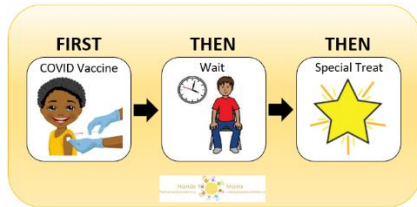
1-800-668-8555 ext. 1333



## Resources

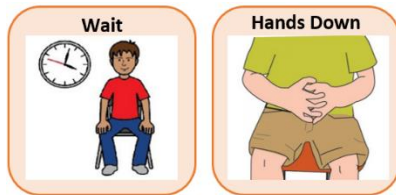
On the following pages you will find visual resources that may be used to assist you and your child during the COVID-19 testing procedure. You can print the following pages and cut them out for your use. Below are the instructions for each visual resource.

### First-Then Board:



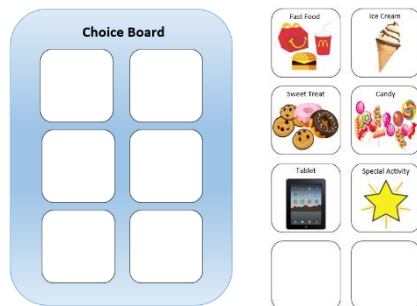
A first-then board is a visual tool that is based on the principle that a person’s motivation to “first” complete a less preferred (unwanted) activity is increased when it is “then” followed by a more preferred activity. Using a first-then board will provide the child with a visual means of introducing new tasks, activities, or events in a manner that the child understands and may be more motivated to complete. This tool assists with creating a structured and predictable environment for children.

### Visual Reminders:



Visual reminders may be used to visually cue or remind a child about an expectation when accompanied by a verbal instruction, such as “wait”, “hands down”, “head back”. These may be useful during a COVID-19 test as it can be quite uncomfortable for the child.

### Choice Board:

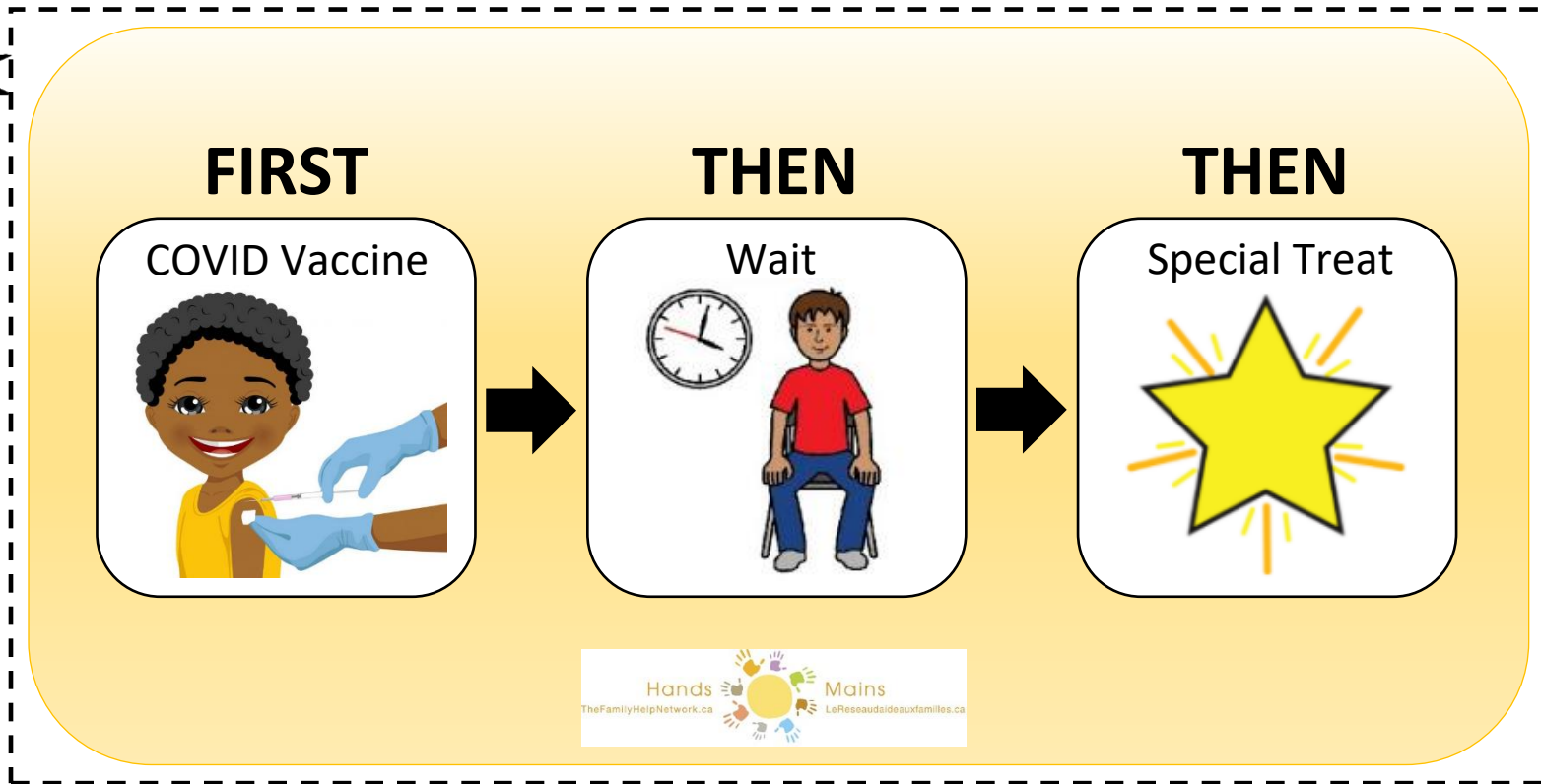


Choice Boards are a visual tool comprised of pictures of items available to a child. Using a choice board may increase your child’s motivation by providing them with options for preferred activities and may decrease the possibility of your child engaging in challenging behaviours. They can make a request by touching a picture or giving you the picture.

You may choose to use personalized options on choice board instead of using the generic “special treat” above. You may also use the blank boxes to make an option specific for your child’s interests. Options may include:

- Preferred items (tablet, toys, games)
- Food items (chips, cookies, candy)
- Activities (crafts, movies, books)
- Outings (park, beach, fast food)

# First-Then Board





## Visual Reminders



**Wait**



**Hands Down**



# Choice Board (Optional)

## Choice Board

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |

