

Needs Talk – COVID 19 Injection

LEARNING STORY

In December Of 2019 a new sickness appeared -Severe Acute Respiratory Syndrome Coronavirus 2. Scientists knew it needed a name that was easy to say; so, they called it COVID-19. COVID-19 makes people very sick by making it hard to breathe. COVID scares people by not being predictable. What scientists know after a year of COVID is:

- 1.You cannot see COVID-19 in the air.
- 2.Wearing a mask over your nose and mouth helps protect you and other people from breathing in the virus.
- 3.Washing your hands a lot helps to stop your hands bringing the virus to your nose or mouth.
- 4.There are injections (shots, jabs) which help the community have fewer people get very sick or die from catching COVID. People who have had shots can confidently go visit others. Researchers are working to make sure their injections are safe for young children.

Here are things you can do to make getting a COVID shot easier, less achy, and less scary:

1. Drink a lot of water the day of your shot.
2. Wear a short-sleeved shirt.
3. Bring a distraction like your favorite song or story book.

When it is your turn to get a COVID protective shot:

4. Look at your parent, not at the person doing the shot.
5. Have a sweet candy ready as an after-the-shot reward.
6. Pretend you are blowing soap bubbles with big breaths in and long breaths out.

Some people should avoid taking NSAIDs before the shot.

Some shots can be given with a topical anesthetic numbing the shot area.

References:

Dr. Christine Chambers. IWK HeathCare,
Video (2 minutes) at: [itdoesnthavetohurt.ca](https://www.itdoesnthavetohurt.ca)

Denise Harrison, Catherine Larocque, etal. Be Sweet to Babies During Painful Procedures... <https://www.ncbi.nlm.nih.gov/pubmed/28885227>

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