



Learning to play your **CARDs**: Improving the childhood vaccination experience



Canadian
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pharmaciens
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Today's speakers

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Group of RNAO)

NOW OR WAIT? COVID-19 mRNA VACCINES

For children aged 5 to 11 years

November 19, 2021

Reasons to vaccinate a child now:

- Much lower risk of serious illness and death from Covid-19.
- Lower risk of complications from infection (Multisystem Inflammatory Syndrome (MIS-C)*, or Long Covid).
- May be able to continue to go to school and do activities after a Covid-19 exposure.
- Lower risk of spreading Covid-19 to others.
- Able to safely return to sports, clubs, and sleepovers sooner.
- Able to travel without quarantine.



Reasons some people wait to vaccinate a child:

- Mild side effects may temporarily interrupt plans.
- Unclear risk of very rare vaccine side effects (e.g., myocarditis).
- Children living in areas with very low numbers of Covid-19 infections have a lower chance of being exposed at this time.
*Covid-19 case numbers can change very quickly.

Choosing to wait can be a short-term plan. Follow public health advice to lower the risk of Covid-19 while you decide.



Need more information to decide? Here's what we know so far.

What we know about Covid-19 infections:

- Covid-19 is very contagious. Most children are expected to be exposed to Covid-19 within a year.
- Most children with Covid-19 infections will have mild illness.
- Some children, including children with no health conditions, can get very sick and die from Covid-19.
- Children can get Long Covid and have health problems that last weeks to months, or possibly longer.
- Myocarditis (inflammation of the heart) is much more common and severe after a Covid-19 infection than after a vaccine.
- Covid-19 can cause Multisystem Inflammatory Syndrome in children (MIS-C).^{*} MIS-C is most common in children aged 5 to 11.

**MIS-C is rare but very serious. It causes inflammation of the heart, lungs, kidneys, brain, skin, eyes, and stomach.*

What we know about Covid-19 mRNA vaccines:

- Vaccines protect children from getting sick with Covid-19 and lower the risk of spreading Covid-19.
- Data from teens and adults shows the health risk is much higher with a Covid-19 infection than vaccination.
- Vaccines for children aged 5 to 11 use a lower dose than the vaccines for teens and adults.
- Mild side effects (e.g., sore arm, tiredness) are common after the vaccine. They usually go away after a few days.
- Long-term side effects are not expected. Vaccine ingredients are gone from the body in 2 to 3 days.
- Vaccines do not affect fertility, genes (DNA), or hormones.
- Myocarditis from the vaccine is rare. It is expected to be even rarer in kids aged 5 to 11.

UPDATED: November 19, 2021

FREQUENTLY ASKED QUESTIONS

Covid-19 mRNA Vaccines for Children



• **What vaccine will children aged 5 to 11 years get?**

The Pfizer-BioNTech (Comirnaty®) Covid-19 mRNA vaccine is approved for children aged 5 to 11.¹ Health Canada is reviewing the Moderna (Spikevax®) vaccine for approval for children aged 6 to 11.²

• **What are the recommendations for children aged 5 to 11?**

The National Advisory Committee on Immunization (NACI) recommends 2 doses of a Pfizer vaccine for children. NACI recommends 8 weeks between doses, which may give better long-term protection.³ Children who have had Covid-19 infections can be vaccinated.³ Children who have had Multisystem Inflammatory Syndrome (MIS-C) should wait to be vaccinated for at least 90 days after diagnosis.³

Find the NACI  guidance here:

<https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines/pfizer-biontech-10-mcg-children-5-11-years-age/pfizer-biontech-10-mcg-children-5-11-years-age.pdf>

• **Will children aged 5 to 11 get the same dose as teens and adults?**

No. The Pfizer vaccine for children uses a lower dose.¹ The vaccine used for teens and adults has 30 micrograms of mRNA.³ The vaccine for children has 10 micrograms.¹ Smaller vaccine doses are often used for children.⁴ They work well because children have stronger immune responses than adults.⁴

• **Should children who weigh more, or who are nearly 12, get bigger doses?**

No. Children who weigh more or are nearly 12 do not need bigger doses. Vaccine doses are not based on weight.⁴ Children turning 12 between doses can get a 10 mcg or 30 mcg dose for dose 2.³

• **What is in the Pfizer Covid-19 vaccine?**

The Pfizer vaccine contains mRNA. mRNA instructs your cells to make the Covid-19 spike protein.⁵ A lipid (fat) envelope protects the mRNA while it is getting into cells.⁵ The Pfizer vaccine for children has slightly different sugars and salts, so it can be stored in the fridge longer.¹ The vaccine does not contain any Covid-19 virus.⁶ It cannot cause a Covid-19 infection.⁶

• **Is mRNA technology safe?**

Yes. Scientists have been studying mRNA since the 1960s.⁵ Scientists around the world worked together to develop Covid-19 mRNA vaccines.^{5,6} Covid-19 mRNA vaccines were tested in clinical trials.^{5,6} Trial results were reviewed by regulatory bodies before the vaccines could be used.⁶ Strong vaccine safety systems monitor for rare vaccine side effects.^{5,6} As of October 2021, more than 1.4 billion doses of Pfizer Covid-19 vaccines have been safely delivered around the world.¹

• **Do Covid-19 vaccines work for children aged 5 to 11?**

Yes. In Pfizer trials, children had a strong immune system response to the vaccine.¹ Children who got 2 doses of the Pfizer Covid-19 vaccine had a 91% lower chance of getting sick with Covid-19.^{* 1}

• **What are the common side effects of Covid-19 mRNA vaccines in children?**

Common side effects are a sore or red arm, tiredness, and chills.^{1,2} These side effects go away after a few days.^{1,2} In the Pfizer trials, many children had mild side effects after getting the vaccine.¹

• **What are the serious side effects of Covid-19 mRNA vaccines in children?**

No new serious side effects were seen in the Pfizer vaccine trials for children. Serious side effects, like anaphylaxis (a severe allergy), after Covid-19 vaccines are rare.^{6,7} For every 1 million Pfizer doses given to people aged 12 and older, there are 2-8 cases of anaphylaxis (0.0002 - 0.0008%).² Children with allergies to foods, drugs, insect stings, or other vaccines can safely get Covid-19 mRNA vaccines.²

Inflammation of the heart (myocarditis) and of the sac around the heart (pericarditis) can happen rarely after Covid-19 vaccines.^{2,8} These conditions are more likely for young males after dose 2.⁸ They are usually mild and are treated with rest and anti-inflammatory medicines.⁸ These conditions happen **far more often after a Covid-19 infection.**⁹ For more, visit: https://uwaterloo.ca/pharmacy/sites/ca.pharmacy/files/uploads/files/myocarditis_and_pericarditis_after_covid-19_vaccines.pdf

• **What are the long-term side effects of Covid-19 mRNA vaccines in children?**

Long-term side effects are not expected from Covid-19 mRNA vaccines.¹⁰ Vaccine side effects tend to happen in the first 6 weeks. mRNA vaccines have been studied in humans since 2013 with no known long-term effects.^{5,10} The mRNA in the Covid-19 vaccine is broken down by the body in 2 to 3 days.⁶ The spike protein may stay in the body for up to 2 to 3 weeks.⁶ There have been reports of short-term menstrual cycle changes,¹¹ but vaccines **do not** impact fertility, genes (DNA), or hormone levels.^{6,12}

• **How can I support a child who is anxious about vaccines?**

Numbing skin patches or creams from a pharmacy can help children worried about pain. The CARD (Comfort, Ask, Relax, and Distract) system may also help: <https://www.aboutkidshealth.ca/card>. Guardians can talk with their healthcare team to make a plan for children with complex needs. For more tools, visit: https://caringforkids.cps.ca/uploads/handout_images/painreduction_kidsandteens_e.pdf and <https://www.yummymummyclub.ca/health/it-doesnt-have-to-hurt-bc>.

• **How can I support a child with a disability or specific needs?**

Some children need support to access Covid-19 vaccines.¹³ Guardians and children can speak with their healthcare team to make a plan (e.g., a longer appointment or a quiet space¹³), as needed.

 **What are the risks of Covid-19 infection in children?**

Covid-19 infection can cause serious illness and death in any child.^{13,14} Covid-19 can cause myocarditis/pericarditis.¹⁵ Multisystem Inflammatory Syndrome (MIS-C) is most common in children aged 5 to 11.¹⁵

We are still learning about Long Covid.¹⁴ In early studies, 1 to 4 out of every 100 children with a Covid-19 infection had lasting symptoms (1% to 4%).¹⁶ Symptoms include tiredness, headache, sore throat, and loss of smell.¹⁶ Children can get Long Covid even after a mild illness.^{14,15}

 **What are the benefits of Covid-19 vaccination for children?**

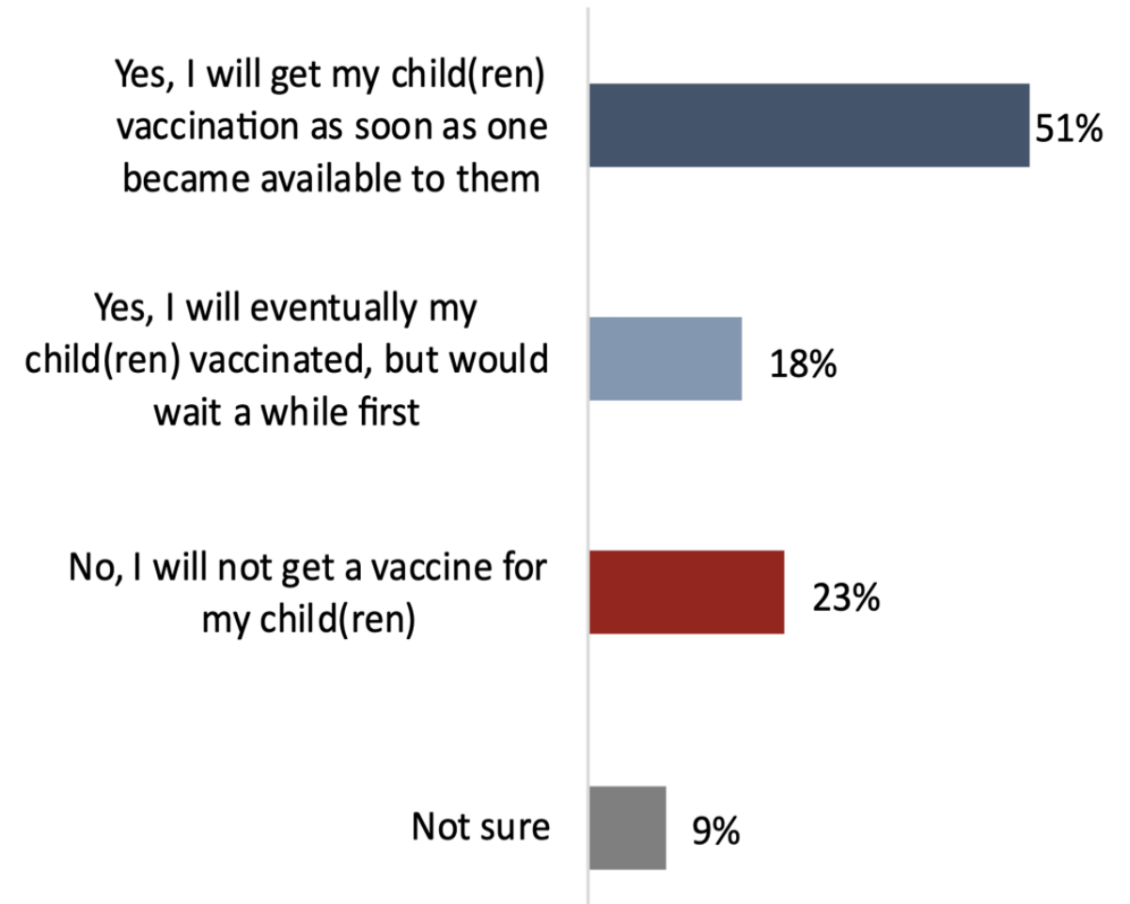
Most people are expected to be exposed to Covid-19 within a year. Unvaccinated people are much more likely to get Covid-19. Vaccines will protect children from getting sick with Covid-19. In teens and adults, vaccines lower the risk of hospitalization, death, Long Covid, and spreading Covid-19 to others.^{1,2,16,17}

Focus of today's presentation

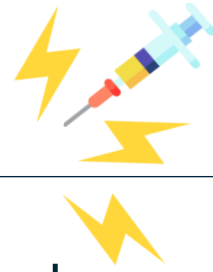
<https://angusreid.org/covid-kids-vaccine/>

If a COVID-19 vaccine becomes available to your child(ren) aged five to 11, will you get them vaccinated or not?

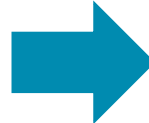
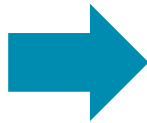
(Among Canadian parents with children in this age range, n=812)



The problem with needles



- Vaccines are the most common reason why people receive needles.
- Pain is the most common adverse event following immunization (AEFI).
- 2 out of 3 children and 1 out of 4 adults are afraid of needles.
- Fear can fuel pain and lead to immunization stress-related responses (dizziness, headache, nausea, fainting).
- Negative vaccination experiences contribute to negative attitudes about vaccination and vaccine hesitancy.
- Up to **1 person in every 10** refuse vaccinations because of fear/pain.



We have the evidence

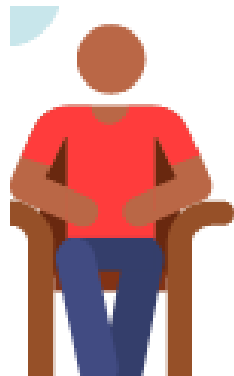


In 2015, we created a Canadian clinical practice guideline (CPG) – it has been incorporated into the Canadian Immunization Guide and **adopted by the World Health Organization (WHO)**.

The CPG includes evidence-based recommendations for reducing pain, fear and fainting. There are 5 domains of recommendations (5Ps):



Procedural



Physical



Pharmacologic



Psychological

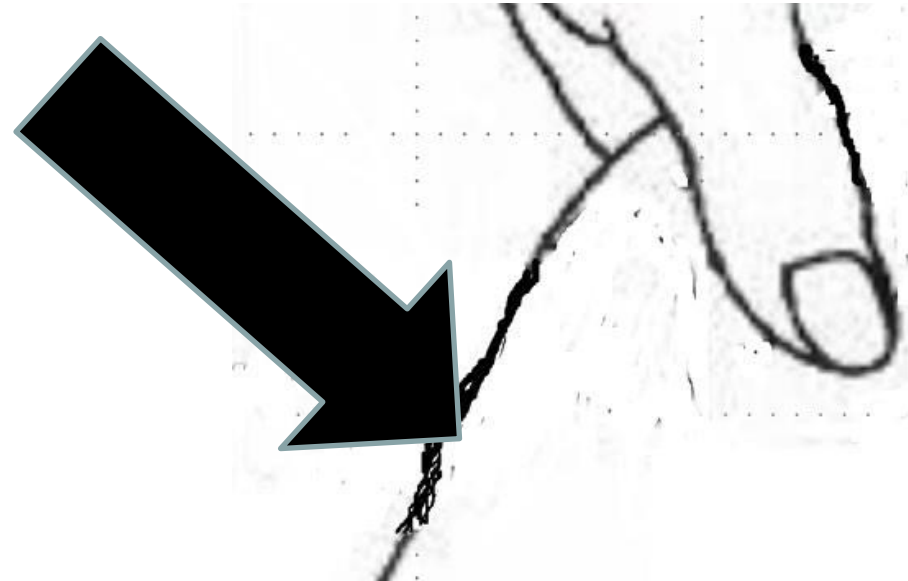


Process

Procedural

Injection method

- No aspiration
- Fast injection (1-2 seconds)



Taddio et al., CMAJ 2015;187:975-82

Physical

Comfort Positioning

- Increases sense of security, allows for safe vaccination
- Holding for < 3 years; sitting upright for > 3 years

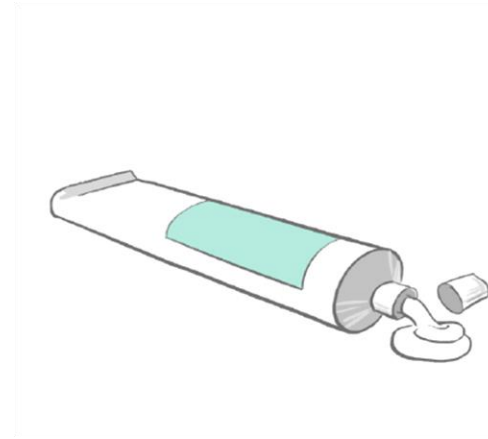


Taddio et al., CMAJ 2015;187:975-82

Pharmacological

Topical anesthetics

- Reduce sensation from needle poke and injection (do not eliminate all sensation)
- Planning is required
 - Purchase ahead of time or provide at clinic
 - 30-60 minute application time (option to go/come back, or do something during waiting time)



Taddio et al., CMAJ 2015;187:975-82

Psychological

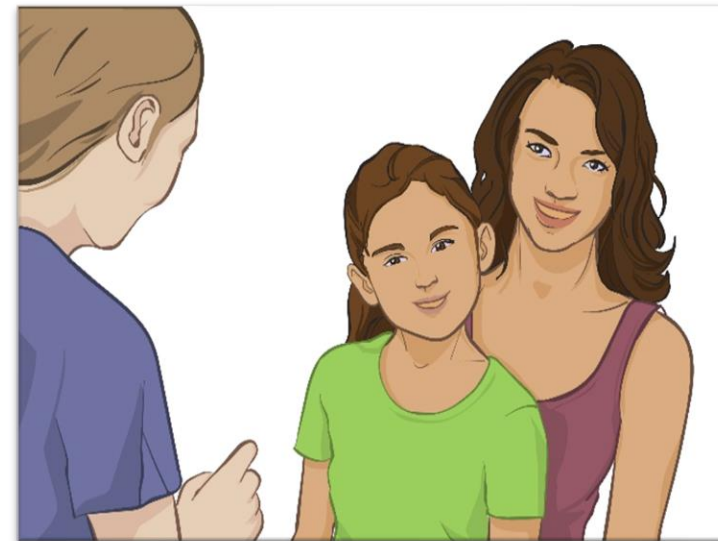
Interactions

- Words and actions can promote coping or increase distress
- Use coping-promoting behaviours

Here I go

~~It won't hurt!~~

~~It'll be over soon~~



Taddio et al., CMAJ 2015;187:975-82

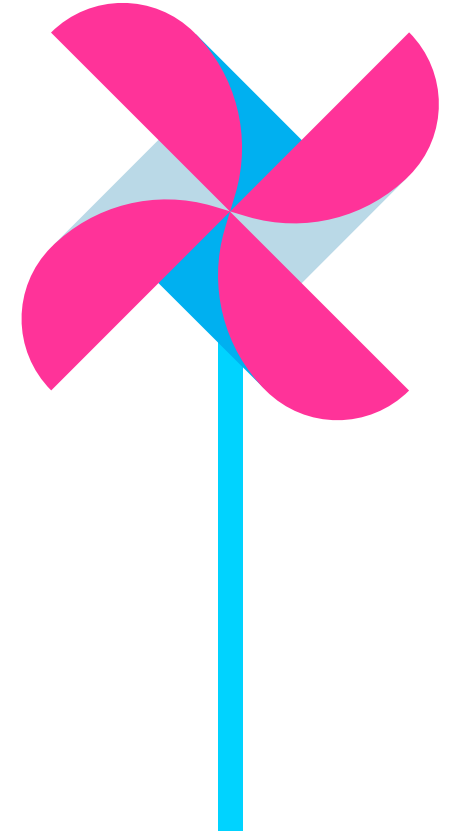
Psychological

Distraction

- Take attention away from needle

Toddler	School-age and Adolescent
Comfort items	Games/activities
Singing/reading	Talking
Games/activities	Imagery/relaxation

Taddio et al., CMAJ 2015;187:975-82



Recommendations for needle fear and fainting

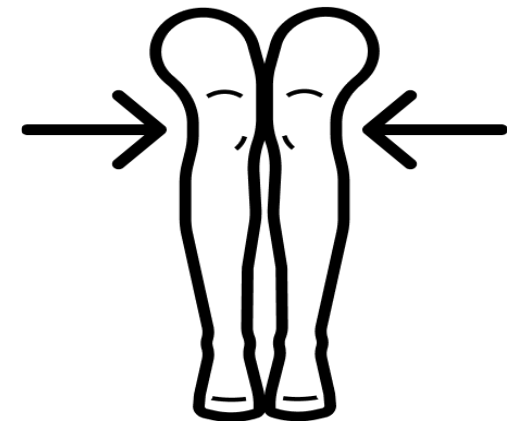
1. Needle fear: Exposure therapy

- Facing fears gradually
- *Requires assistance by a trained health provider*

2. Fainting: Muscle tension

- Tense muscles to raise blood pressure and prevent fainting

Step	Situation	Fear Rating
11.	<i>Having blood drawn from a vein</i>	10
10.	<i>Getting a shot in the upper arm or fleshy part of leg</i>	9
9.	<i>Slightly pricking one's skin with a needle</i>	8
8.	<i>Watching someone else get a needle</i>	7
7.	<i>Resting needle against vein</i>	7
6.	<i>Resting the needle against one's skin</i>	6
5.	<i>Rubbing an alcohol swab against one's skin</i>	5
4.	<i>Holding a needle</i>	4
3.	<i>Watching an apple being injected</i>	3
2.	<i>Watching video clips of someone getting a needle</i>	3
1.	<i>Looking at a picture of a needle</i>	2



Taddio et al., CMAJ 2015;187:975-82

Good practice recommendations

- 1. Minimize fear-inducing stimuli**
e.g., peers/individuals or objects
- 2. Minimize waiting time**
- 3. Provide privacy and comfort**
- 4. Be observant and responsive to the individual**

Taddio et al., CMAJ 2015;187:975-82

Process

The CARD system turns the evidence into **action**

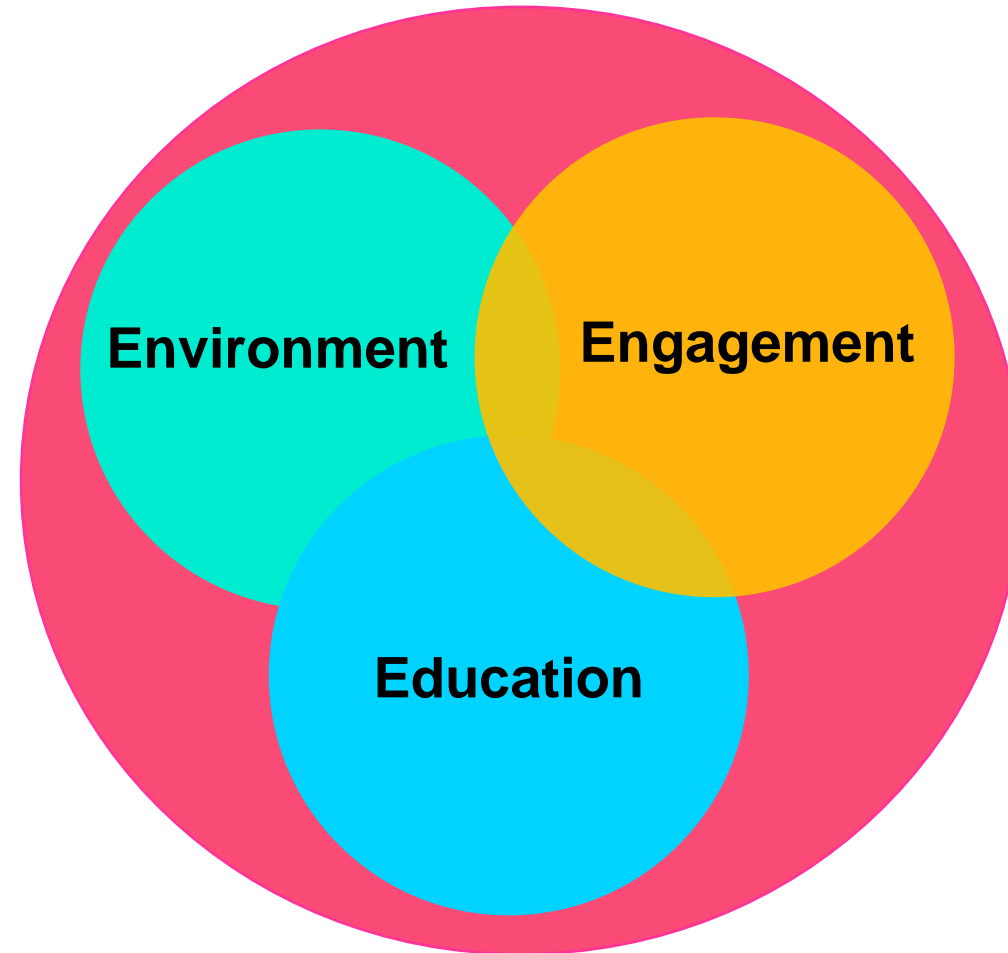
- CARD involves a series of steps/principles that parents and health providers follow that reduce anxiety, fear and pain.
- Each letter represents a category of strategies you can ‘play’ to improve the vaccination experience.



Core components of CARD

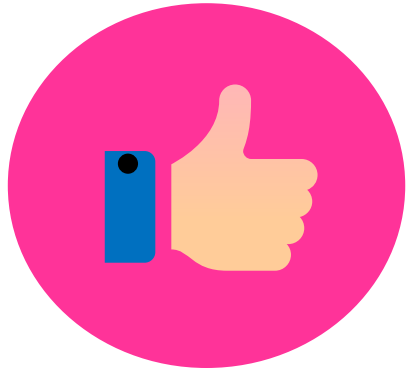
- Seating available (everyone)
- Space for support person
- Privacy
- Distractions
- Minimize fear cues

- Health care providers
- Parents/caregivers
- Individuals/children
- *Ahead of time (booking)*
- *On vaccination day*



- Be calm, positive, promote coping
- Assess symptoms (fear, pain, fainting)
- Invite participation, answer questions
- Support CARD (coping) choices
- Minimize injection pain, fear

CARD is proven to improve



Attitudes



Knowledge



Safety



Experiences

Where to get information



Use

to improve your
vaccination experience

The logo consists of four blue-outlined cards fanned out. The first card has a large 'C' and the word 'COMFORT' below it. The second has a large 'A' and 'ASK' below it. The third has a large 'R' and 'RELAX' below it. The fourth has a large 'D' and 'DISTRACT' below it.

Utilisez le Système

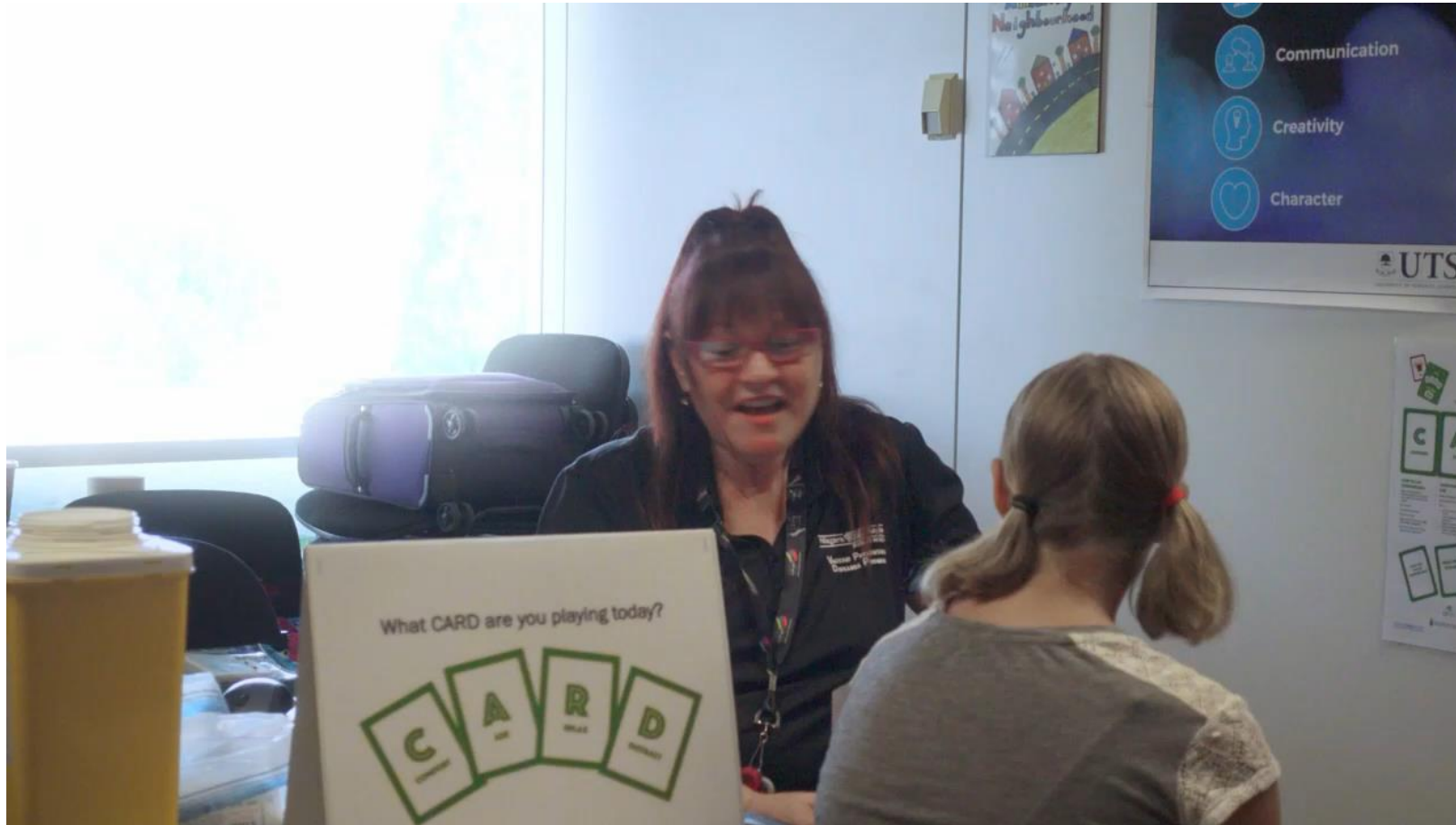
pour améliorer
votre expérience
vaccinale

The logo consists of four blue-outlined cards fanned out. The first card has a large 'C' and the word 'COMFORT' below it. The second has a large 'A' and 'AIDE' below it. The third has a large 'R' and 'RELAXATION' below it. The fourth has a large 'D' and 'DISTRACTION' below it.

- www.cardsystem.ca
- www.aboutkidshealth.ca/card
- www.immunize.ca
- <http://phm.utoronto.ca/helpinkids/>

[**anna.taddio@utoronto.ca**](mailto:anna.taddio@utoronto.ca)

CARD in action - <https://youtu.be/FXj6ELi4BVg>



What CARD are you playing today?

Fear/Pain hurt
vaccination



Tell, show, do!



Summary of how card fits



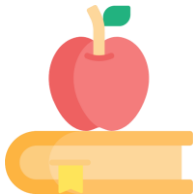
1. Education – programs, providers

- Policies/procedures
- Staff training
- Tools/resources (e.g., factsheets, checklists)



2. Clinic space, set-up, flow

- Visually appealing
- Separate area before, during, afterward
- Arrange seating so patients not facing others
- Allow for privacy and provide seating
- Accommodate support person with seating



3. Education – individuals, caregivers

- Factsheets, videos, games
- Access to individuals ahead of time (booking)



4. Reminders

- Vaccination date, clinic processes, CARD
- Planning for coping items, accommodations



1. Clinic set-up, flow - providers

- Minimize cues of fear (visual, sound)
- Signage, CARD
- Distractions before, during, afterward
- Most fearful first (expectations for timing/ability to return if unvaccinated)
- Avoid interruptions



2. Interactions – providers, caregivers

- Be calm and attentive; use coping-promoting language
- Assess symptoms (pain, fear, related reactions)
- Invite participation, answer questions
- Support patient CARD (coping) choices



E.g. →



Apply topical anesthetic



Bring support person



Do deep breathing



Choose arm to vaccinate

- Use injection techniques that minimize pain, fear

What providers can do

Prepare yourself

- Learn why the vaccination experience is important and what you can do
- Prepare individuals

CARD IMPROVING THE VACCINATION EXPERIENCE
Planning checklist for health-care providers

In Canada, about 1 in 4 adults report they are afraid of needles, and about 1 in 10 report that concerns about needle pain influence their decision to get vaccinated.

The **CARD system (Comfort, Ask, Relax, Distract)** was developed to reduce stress during vaccination. It provides four categories of evidence-based activities that health-care providers and patients can **play to have a better vaccination experience**. See the checklist below for things you can do when setting up a vaccination site to improve the vaccination experience for patients.

You can also review and download [Improving the vaccination experience: A guide for health-care providers](#) to see how you can use the CARD system with patients when they get vaccinated. To learn more about CARD, go to [AboutKidsHealth.ca/CARD](#).

VACCINATION CLINIC SET-UP

- Make the vaccination area esthetically pleasing and free of hazards.
- Set up separate areas for waiting, vaccination and post-vaccination, and have clear signage.
- Arrange seating at clinic tables so that patients do not face each other or equipment that is frightening by using, for example, a towel or table-top poster.
- Ensure safety measures are in place to prevent transmission of infectious diseases (e.g., hand hygiene, masks, face coverings, items, face coverings).
- Have control over the room temperature.
- Have enough room to accommodate equipment and supplies.
- Have comfortable seating for the patient with the ability for them to lie down.
- Have space that allows for privacy (e.g., physical barriers).
- Have a set-up that minimizes interruptions during vaccination.
- Have a set-up that allows for the ability to accommodate a support person if needed.
- Provide distraction aids or comfort items. If items are provided, consider providing them in a separate area without requiring sanitation or visual activities such as posters, toys, squishy balls or spinners that can be wiped between uses.

EDUCATION OF PATIENTS AND CAREGIVERS

- Disseminate CARD pamphlets ahead of time. Include information about CARD in patient education materials.
- Post CARD posters to assist with coping.
- Post signage that tells people what will happen.

Financial contribution from:
Public Health Agency of Canada, Agence de la santé publique du Canada, CIHR IRSC, HELPS (Eliminate Pain, Kids, Adults)

Partner Organizations:
UNIVERSITY OF TORONTO LESLIE DAN FACULTY OF PHARMACY, UNIVERSITY OF GUELPH, Anxiety Canada

CARD IMPROVING THE VACCINATION EXPERIENCE:
A guide for health-care providers

In Canada, about 1 in 4 adults report they are afraid of needles, and about 1 in 10 report that concerns about needle pain influence their decision to get vaccinated.

The **CARD system (Comfort, Ask, Relax, Distract)** was developed to reduce stress during vaccination. It provides four categories of evidence-based activities that health-care providers and patients can **play to have a better vaccination experience**.

You can also review the [Improving the vaccination experience: Planning checklist for health-care providers](#) to see what you can do when setting up a vaccination site to improve the vaccination experience for patients. To learn more about CARD, go to [AboutKidsHealth.ca/CARD](#).

WHAT CAN YOU DO TO HELP PEOPLE PLAY THEIR CARDS?

COMFORT
Provide information about CARD to patients ahead of time so they know what to expect and how to cope. During vaccination, encourage patients to sit upright and to relax their arm. If they are prone to getting dizzy or fainting, suggest they [squeeze their knees together](#) or lie down during the vaccination. Have seating available to accommodate a support person.

ASK
You can review immunization policies related to reducing stress and pain, and promoting client-centred care. If you are more confident, others will pick up on that. Encourage patients to ask questions so they are prepared. People are anxious when they do not have enough information. Invite patients to play their CARDS during vaccination.

RELAX
You can reduce fear cues. These are words or objects that are fear-inducing, such as needles. You can limit the amount of time the needle is visible and support the patient's preference for looking at or away from the needle. You can try to minimize excessive noise and activity. And make sure you stay calm and positive.

DISTRACT
For patients who want to be distracted during vaccination, offer to engage in a conversation or provide distraction items. Some people do not want to be distracted. That's OK too.

Financial contribution from:
Public Health Agency of Canada, Agence de la santé publique du Canada, CIHR IRSC, HELPS (Eliminate Pain, Kids, Adults)

What parents can do

Prepare yourself

- Learn why vaccination is recommended and what to expect
- Make sure your questions are answered
- Prepare your child



IMPROVING THE VACCINATION EXPERIENCE:

A guide for parents and caregivers

The **CARD system (Comfort, Ask, Relax, Distract)** provides groups of strategies that can be used before and during vaccination to make the experience a more positive one for you and your child. Learn how you and your child can **play your cards** to reduce the pain, stress and worries associated with vaccinations.

To learn more about CARD, go to AboutKidsHealth.ca/CARD.



COMFORT
Find ways to be comfortable.

COMFORT

How you can play your Comfort CARD

Review information factsheets like this one to know why vaccination is recommended, what to expect and ways you can make yourself more comfortable. After you prepare yourself, prepare your child.

- Give your child information about the vaccination and why they are getting it. Tell them what will happen, how it will feel and give them options for coping.
- Involve and listen to your child. They often have helpful suggestions for how to manage their pain (for example, they can choose a toy to bring).
- Provide balanced information. Do not say that vaccination will not hurt. Instead, describe sensations (e.g., Some people say they feel “pressure” or a “pinch” or “nothing at all”) and duration (e.g., it lasts “about a second”) and invite your child to tell you how it felt (e.g., “I don’t know how it will feel for you. Let me know how it felt when you are done.”)
- Communicate using neutral language (e.g., “What do you want to be doing when you get the vaccine?”). Do not use words that elicit fear (e.g., the needle “stings”) and do not use repetitive reassurance (e.g., “You’ll be fine”) or dismiss concerns (e.g., “Don’t worry”).
- Find out what coping strategies your child wants to use and plan for them ahead of time (e.g., distraction items, topical anesthetics). Topical anesthetics are medicines that temporarily numb the skin and reduce the pain from the needle poke. They are sometimes called ‘numbing creams.’ They can be purchased from a pharmacy.

How your child can play their Comfort CARD

Encourage your child to prepare for vaccination day. Some things they can do to feel comfortable are:

- Select comfort items to bring such as a favorite item.
- Select a short-sleeved shirt or loose-fitting shirt they can wear that lets their upper arm be reached easily.
- Practice relaxing their arm and making it loose or jiggle.
- Practice [squeezing their knees together](#) just in case they feel faint or dizzy.

Financial contribution from
 Public Health Agency of Canada 

 CIHR IRSC
Canadian Institutes of Health Research / Institut de recherche en santé

 HELLO
ELIMINATE PAIN
Kids, Adults

What parents/kids can do

Prepare your child

- Give information about the vaccine and why they are getting it
- Tell them what will happen, how it will feel, and options for coping
- Involve and listen to your child



Selected references

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Children's Hospital COVID-19 Vaccination Clinic

November 24, 2021

Chantal Singh RN MScN BScN
Nursing Professional Practice

Children's Hospital COVID-19 Vaccination Clinic

Some worry about having an immunization is common, in children, youth and adults! Being prepared, having a plan and using strategies we know work can set you up for success to receive the vaccine in your community, or at a mass vaccination site!

Children's Hospital at London Health Sciences Centre, in partnership with Middlesex-London Health Unit, is offering a COVID-19 Vaccination Clinic for children and youth aged 12 to 17, including those that may benefit from extra support.

You or your child may benefit from the extra supports the Children's Hospital COVID-19 Vaccination Clinic offers if any of the following are true:

- You or your child have needle anxiety and you are behind on immunizations or avoid bloodwork
- You or your child have general anxiety that may require extra support
- You or your child have behavioral needs, and may require extra time
- You or your child sensory needs (such as low stimulation, limited people and private room)

Appointments can be booked on the [Middlesex-London Health Unit booking portal](#). Parents, caregivers and other household family members (age 12+) of the youth are welcome to be vaccinated at the same time. Please also book an appointment for those people on the same day. They will be seen close together if they arrive at the clinic at the same time.

If you or your child would like a preparation phone call prior to arriving for your appointment, please email childrenscovidvaccine@lhsc.on.ca.

[Book your appointment today](#). Enter Gate #2 (select "I attest that I am over 12 years of age or am turning 12 years old in 2021."), then select The Children's Hospital COVID-19 Vaccine Clinic.

Date and Time:

Tuesdays from 4:00 - 7:00 pm

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YOU CAN HELP BY DOING YOUR BEST TO:

1.



**KEEP YOUR ARM
AS STILL AS A STATUE!**

2.



**USE DEEP
BELLY BREATHS**
(in your nose and out
your mouth)

INSTRUCTIONS FOR PARENTS & CAREGIVERS:

Use this **Comfort Plan** to work with your child to prepare for an upcoming needle procedure.

This comfort plan is designed to offer your child choices, and use the **best** ways we know how to make needles not hurt.

Children can cope better when they know what is going to happen, and have an opportunity to ask questions. Do your best to answer honestly. If you need support preparing for a needle procedure, ask for a Child Life Specialist or discuss with your nurse.

MY COMFORT PLAN

THIS COMFORT
PLAN BELONGS TO:



[Blank white rounded rectangle for writing the child's name]

GETTING TO KNOW YOU:



FAVOURITES

WHAT IS YOUR FAVOURITE TOY?

WHAT IS YOUR FAVOURITE TV SHOW OR MOVIE?

WHAT IS YOUR FAVOURITE SONG?

WHAT IS YOUR FAVOURITE BOOK?

WHAT IS YOUR FAVOURITE PLACE?



**TELL US ABOUT
YOUR VISITS TO
THE HOSPITAL**

- IT'S MY FIRST TIME
- I'VE BEEN LOTS, BUT JUST TO TALK
- I'VE HAD LOTS OF TESTS AND PROCEDURES

MY COMFORT PLAN:

SOMEONE WHO MAKES ME FEEL SAFE...

SOMETHING THAT COMFORTS ME...

WHEN IT'S TIME FOR THE POKE I WANT:

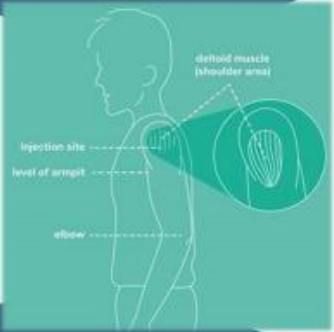
-  NUMBING CREAM
 -  LOOK AWAY
 -  TO SIT BY MYSELF
 -  WATCH
 -  TO SIT WITH MY PERSON
 -  PLAY A GAME
 -  A COUNT DOWN
 -  TALK TO MY PARENT ABOUT MY FAVOURITE PLACE
 -  NO COUNTING
 -  LISTEN TO MUSIC
 -  BLOW BUBBLES OR PINWHEEL
 - OTHER:
 -  USE A MASSAGER
-
-
-

Numbing cream for your Vaccine!

MAXELINE© (4% Lidocaine) is a numbing cream that helps reduce pain for needle procedures. This cream can be purchased at your local pharmacy!

WHEN DO I APPLY THE CREAM?
Apply to needle site at least 30 mins before needle procedure. It can be left on for up to 2 hours and works for 1 hour after

SHOULD I COVER THE CREAM?
Yes! Cover the site with a transparent film (Tegaderm) or plastic wrap.



HOW MUCH CREAM DO I APPLY?
The cream works when applied as a thick layer. For maximum effect, first rub a small amount into the skin and then apply a thicker layer.
Apply a quarter-size spot.
For more information regarding dosing, please refer to a drug information guide.

For Questions and Concerns please speak to your local pharmacist

Statistics



33-63% of children and adults have some level of needle fear

- **5-10%** with high levels of fear causing avoidance of vaccines/ procedures



130 Paediatric Patients seen in Clinic



12-16 Bookings per clinic / **16** Clinic Slots per clinic



30 min-2 hours Average Visit time

So what?



With support from staff at the Children's Hospital COVID-19 Vaccination Clinic, 13-year-old Emily Phillips overcame her fear of needles to be successfully vaccinated against COVID-19.

Questions



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