

## **Vaccines Work**

In Canada, vaccines save lives. Without vaccines, we can expect to see more outbreaks of the diseases that we are now protected against. Vaccines protect the people who get them and the people around them. When enough people are vaccinated, those who are not immune to the disease (like those who have lowered immune systems) are protected too!

### **Tips to prevent the Ouch!**

#### **Distract Yourself**

Talk to someone, play a video, read, play music, rub your arm, allow yourself to daydream.

#### **Relax**

Belly breath, self talk, have a family member or friend with you, ask for privacy.

#### **Ask Questions**

What will happen on my turn? What am I getting for a vaccine?

#### **Get Comfortable**

Wear short sleeves, eat a snack, bring a favorite item, sit up straight in the chair, let your arm go loose like cooked spaghetti.

### **Parents**

Always keep immunization record in a safe place and ensure it is updated with every new vaccine. Throughout the years, your child will need to provide proof of immunization (for camps, activities, college and/or university). Remember to provide a copy of any updates in your child's immunization record to his/her school.

Immunize Canada - <https://immunize.ca/>

Parents Guide to Vaccination (<https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html>)

Teens, Meet Vaccines (<https://www.canada.ca/en/public-health/services/publications/healthy-living/teens-meet-vaccines.html>)

When parents choose not to vaccinate: Risk and Responsibilities ([http://www.caringforkids.cps.ca/uploads/handout\\_images/CFK\\_tearsheet-ENG\(post\).pdf](http://www.caringforkids.cps.ca/uploads/handout_images/CFK_tearsheet-ENG(post).pdf))

Anglophone School District- West  
Healthy Learners in Schools Program