

My Immunisation Action Plan

Please bring your completed Immunisation Plan to your appointment

My name is:

- * **Wear the right clothes** - so the vaccinator has clear and easy access to your arm

*I will wear I will have my vaccine in my **left / right** arm.*

I can choose to wear sunglasses, a hat and/or headphones. I will be asked to wear a mask at the appointment. I will do my best, but if it is too difficult, I will let the immuniser know. That is okay.

- * **Numbing cream** – you may choose to use numbing cream. Go to your local pharmacy and ask for topical anaesthetic cream (such as Numit or Emla). Follow the pharmacist's directions and put it on the arm you have chosen one hour before your appointment.

I will / will not use numbing cream before arriving to the clinic. It takes one hour to work, so if I choose to use this, I will put it on my arm before coming to my appointment.

- * **Distraction techniques** – we want you to bring anything to the clinic that may help you stay calm and relaxed. This can include headphones, fidget spinner, deep breathing and calm apps. At the clinic we may have a BUZZY. BUZZY is a small vibrating plastic bee with blue ice-pack wings. Buzzy helps block sharp pain and provides a distraction when giving injections or other medical procedures.



Techniques that I might use or bring are: I would / would not like to try using BUZZY

- * **On the day expectations** – make sure you arrive on time. If we are unable to complete your vaccination within the appointment time, you will need to go back to your GP to organise a vaccination with them. You can also rebook an appointment in the clinic.

I will get to my appointment by I will get to the clinic by car / bus / walking / bicycle /

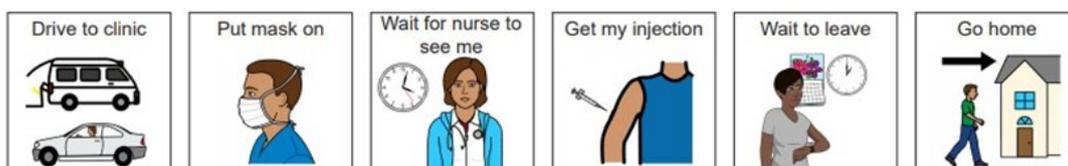
I will go to the clinic with my parent / friend / carer / guardian / support person / by myself /

- * **Consent form** – please complete and bring to your appointment: [Consent Form Children 5 -11 Years](#) or [Consent Form Adolescent / Adult 12 Years +](#)

- * **Going to a vaccination clinic to get my COVID-19 Vaccine:** [PowerPoint Presentation \(amaze.org.au\)](#)

- * We look forward to seeing you at your appointment. Thank you for keeping Tasmania COVID-19 safe.

After my appointment, I may choose to reward myself by:



How to hold your child during vaccination

Comfort holds can help reduce stress and prevent movement while your child receives a vaccination. Along with distraction, telling stories, singing, or deep breathing, comfort holds can make vaccination easier.

Below are some suggestions for how to hold your child. Your immuniser may suggest a different hold when giving a vaccine. *Please circle your preferred option.* You may like to practice before your appointment.

Back to chest (front) comfort hold

Hold your child on your lap facing away from you as you sit.

Embrace your child during the process. Cross your arms in front of the child. Hold their right forearm with your left hand and their left forearm with your right hand.

Anchor both of your child's legs between your thighs and cross your legs over your child's. Watch out for your child's head so it doesn't hit your face if they move.



Chest to chest (straddle or hug) comfort hold

Have your child sit on your lap facing you and wrap your child's legs around your waist. Wrap your arms around the child's lower back.

Wrap your child's arms around your waist and hold them firmly under your arms.

Your child can put their head on your shoulder and turn their head away from the procedure. If your child's arms reach all the way behind you, press lightly against the back of the chair.



Side comfort hold

Have your child sit on your lap sideways.

Wrap your child's arm closest to you around your back and press lightly against the back of the chair. Wrap your arm around the child's back and hold the upper arm.

Use the other hand to hold the forearm and legs.



Side by side comfort hold

Sit next to your child and wrap your arm around their shoulders. Hold them close to you.

Wrap your child's arm around your back and press lightly against the back of the chair.

Hold their forearm across your body.



'How to hold your child during a vaccination', sourced from Minnesota Department of Health