

# Getting a Shot at the Doctor's Office

## Series 1

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Sometimes when we go to the doctor's office for a check-up, the doctor or nurse might say it's time for a shot. Most of the time, I will get a type of shot called a "vaccine." Shots help keep me healthy and protect me from getting sick.



When it's time for a shot, a nurse will come into the room to help. The nurse will explain what is going to happen. I can ask questions if I want.



The nurse will:

1. Ask me to roll up my sleeve or pull down my pants slightly, depending on where the shot goes.
2. Clean the skin with a small wipe. The wipe might feel cold and wet, but it doesn't hurt.
3. Get the shot ready. The shot is very quick and the nurse is gentle.



The shot might feel like a small pinch or a quick poke. It may feel sharp for a second, but it is over very fast. The whole thing usually takes just a few seconds.



If I am nervous, I can:

- Hold my grown up's hand
- Take deep breaths
- Look at something that makes me feel calm like a book or a picture.
- Some kids like to count down from 5, squeeze a stress toy, or think about something happy.



After the shot, the nurse may put a small bandage on the spot. Sometimes my arm or leg might feel a little tired or sore later, and that is okay. The sore feeling usually goes away quickly.



Getting a shot helps my body fight off germs so I don't get sick. It helps me stay healthy, and it helps keep other people safe too.

It's okay to feel nervous or worried about getting a shot. Many kids feel that way. I can still be brave.

When the shot is done, I can feel proud of myself. I did something brave and important for my health.



# Autism TOOLKIT

[autismtoolkit.org](https://autismtoolkit.org)

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