

# Reduce Your Vaccination Pain: A Guide for Adults



## Adults Need Vaccines

Vaccinations are recommended through all stages of life to stay healthy and prevent infection

Concerns about vaccine injection pain can make some adults avoid vaccinations, but this leaves them unprotected

Read this guide to learn ways you can reduce pain during vaccinations

## Get Vaccinated Protect Yourself and Those Around You

Get more information at:  
<http://phm.utoronto.ca/helpinkids/index.html>

Adapted from "Clinical Practice Guideline: Reducing the pain of childhood vaccination: an evidence-based clinical practice guideline". CMJ Dec 14, 2010 182;E843-E855 by permission of the publisher. © 2010 Canadian Medical Association

## COMBINE THESE STRATEGIES FOR BETTER RESULTS

### BEFORE INJECTION

#### PLAN AHEAD TO REDUCE PAIN

Discuss the strategies to use before and during vaccination with your health care provider.

#### Topical Anesthetics

- Creams, gels and patches are available to numb your skin where the vaccine will be injected
- You can buy these from a pharmacy without a prescription
- Ask your health care provider how to properly apply these products

### DURING INJECTION

#### AT YOUR VISIT

##### Body Position and Activity:

- Sit upright to feel more relaxed
- If you feel faint, tense your leg muscles while sitting; or you may lie down

##### Distraction and Relaxation:

- Distraction can take your attention away from the pain. Consider bringing a friend, listening to music or using your smartphone.
- If you are anxious, take some deep breaths, exhaling slowly; breathe so your belly expands, not your chest
- Ask your health care provider to instruct you to cough or hold your breath as the injection is given to further reduce pain

