

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>

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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

