

Child and Parent/Caregiver Vaccination Checklist

A lot can go into preparing for vaccination, especially if there are any anxieties about needles. By preparing together with your child, it can help everyone have a positive vaccination experience.

Use the checklist and tips below to get ready!

Remember the 'CARD' System

- ☐ **Comfort** – Find ways to stay comfortable, like having a snack and wearing loose clothing.
- ☐ **Ask** – Ask as many questions as you want before getting vaccinated.
- ☐ **Relax** – Take deep breaths, close your eyes, or hold hands.
- ☐ **Distract** – Think of your favourite things or bring an activity, video or music.

Be Prepared!

- ☐ Get the answers to your child and youth vaccine questions at tbdhu.com/youthvaccine.
- ☐ Talk to your child about the vaccine. Discuss why it's important and what they can expect.
- ☐ Have something to eat and drink before you leave; this will help prevent feeling faint.
- ☐ Wear a T-shirt or sleeves that roll up easily. Dress in layers to stay warm in case you have to wait outside for a while.
- ☐ Pack some favourite things, like a book, stuffy or game to help distract.
- ☐ Bring your child's health card if they have one. If not, that's okay. They can still be vaccinated and get a proof of vaccination record on the Ministry website.

At the Clinic

- ☐ Arrive at your appointment time to avoid waiting in line outside. Don't worry, everyone with an appointment WILL get their vaccine.
- ☐ Wear a well-fitting, disposable mask. If you don't have one, you will be given one at the clinic.
- ☐ Before entering the clinic, you and your child will be asked about COVID-19 symptoms, travel, etc. Those who do not pass the screening will be asked to reschedule their appointment.

During Vaccination

- ☐ Young children can sit on your lap; hug them for comfort. Ask them to relax their arm by wiggling their fingers, then hold their arm and ask them to be as still as a statue.
- ☐ Encourage your child to take long, deep breaths to relax. Use your distraction items.

After the Vaccine

- ☐ Your child will have to wait 15 minutes before leaving. This is to ensure they are feeling well and that side effects are mild.
- ☐ You will be given aftercare instructions that include information on some common, mild side effects and how to help your child feel comfortable. Ask the nurse if you have any questions.
- ☐ Appointments for the second dose must be at least 8 weeks after the first dose. They will be available soon and can be made through the [Provincial Booking System](#).
- ☐ Celebrate and reward yourselves in a way that works the best for your family. Getting vaccinated against COVID-19 is a big achievement.