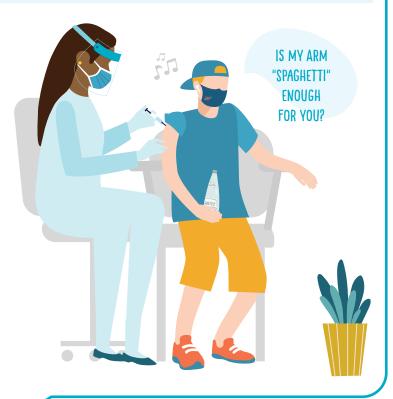
Nervous about needles?

8 tips for making vaccinations more comfortable.

- **1.** Wear a short-sleeve shirt or top with sleeves that are easy to roll up.
- 2. Sit down in a comfortable position.
- **3.** Ask questions so you know what will happen.
- **4.** Relax your arm so that it is loose and jiggly like cooked spaghetti.
- **5.** Take deep belly breaths to help you stay calm.
- **6.** Listen to music that you find soothing.
- **7.** Distract yourself so you are paying attention to something else or someone else.
- 8. Apply numbing creams or patches (topical anesthetics such as EMLA[™], AMETOP[™] and Maxilene[™]). These are available for purchase from pharmacies without a prescription. Apply to the area (top third of upper arm for people over 2 years) 60 minutes ahead of time.





Some people are worried about getting needles generally. In fact, one in 10 people has a fear of needles.* This may make them nervous about getting the COVID-19 vaccine too.

The experience of getting a COVID-19 vaccine is the same as getting other vaccines. Here are some ways that can help make needles more comfortable, making you feel less stressed and more relaxed.

Getting the COVID-19 vaccine is an important way to keep you, your loved ones and community safe.

*NHS Foundation Trust: Overcoming your needle phobia (fear of needles)

Updated June 9, 2021



