



# Injections



It is important to be healthy. We know there are things that we can do to stay healthy.



Some things we can do ourselves like have a healthy diet and exercise.



Other things people do for us like making sure we have somewhere safe to sleep and give us medicines we need.



Sometimes these medicine are injections called vaccines.



Vaccines can help us stay healthy by giving us something called immunity.



Immunity protects us against particular diseases or illnesses.



Each vaccine is different and is made to target a particular disease or illness.





# Injections



Sometimes to keep us healthy, we need to get an injection called a vaccine.



Sometimes we get them at the doctor's surgery. Sometimes we get them at school.



A doctor or nurse will give us our vaccine. Sometimes, our school nurse might do it.



We will roll up our sleeve so they can see our upper arm.



The vaccine will be put in us with an injection.

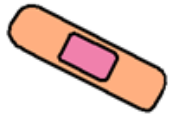


You might feel pressure and it might be a little sore. It will only feel sore for a few seconds and then it will feel better.



You can sing your favourite song in your head to help you think about something else.





The doctor or nurse might give us a plaster or cotton wool to put on our arm. We can take this off when we are ready or after half an hour.



The doctor or nurse will tell us when we can go. They might give us a piece of paper to remind us we have had this injection.



Our arm might feel a bit heavy later or we might feel fine.



It is important to get vaccines to keep us safe and healthy.





# Injections



Sometimes the doctor or nurse will give us a vaccine.



This helps to keep us healthy.



The doctor or nurse will roll up our sleeve.



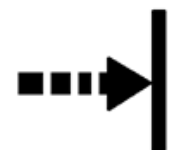
and give us the injection into our arm.



It might be a little sore.



Count to 10 to help you feel better,



The doctor or nurse might tell you, "Great job!" and you will know, it is over.

