

## Georgia Preteen Vaccine Awareness Week

### How to Prepare Your Preteen for their Vaccines

It's as easy as 1-2-3!

#### 1. Talk with your preteen about shots

- “At the doctor, they will talk to you about ways to stay healthy, like getting shots.”
- “Shots help prevent serious diseases that can make you very sick, so you can keep doing the things you love to do.”
- “Shots may sting a little, but only for a few seconds. Then it is over.”

#### 2. Be calm, supportive and matter-of-fact

- Your approach to shots will influence your child's reaction.
- Reassure. However, too much concern about diseases and sickness can cause distress.

#### 3. Remember to:

- Bring your child's immunization record or ask for your child's immunization record so you can stay up-to-date.
- Ask questions.
- Encourage your child to bring his or her favorite music.

#### Distraction is Key.

- Talk about an upcoming event or activity like what they are doing after the doctor's visit.
- Focus on something in the room, like a poster.
- Help them relax by:
  - Taking slow, deep breaths.
  - Listening to their favorite music.
  - Closing their eyes and thinking of a favorite place or activity.

#### What to expect after shots.

- Give praise and support, and then change the focus.
- Reward your preteen with a special activity or not doing chores for the day.
- Please note: The doctor may want to observe your child for about 15 minutes after he/she is vaccinated.
- If your preteen is feeling dizzy or anxious, help them stay seated.
- Review Vaccine Information Statements for possible reactions.
- A cool, wet cloth can reduce redness, soreness and/or swelling where the shot was given.
- Reduce pain or fever with medications recommended by your child's doctor.
- If your child has any reaction in the next few days that concerns you, call your doctor or seek medical attention.
- Remember, it is normal if your preteen feels tired and sore for a few days.