



COVID Vaccine



COVID is a virus that can make people sick. You have an appointment at Phoenix Children's Hospital to get the COVID vaccine. Vaccines help keep your body healthy and protect you from germs, like COVID.



A vaccine goes into your body through a poke.



Some kids like to bring their favorite stuffed animal or a toy from home to hold during their COVID vaccine.



Will you bring something with you for your appointment?

You and your grownup will drive to a tent outside of Phoenix Children's Hospital for your appointment. A medical assistant will be there to greet you. They will be wearing a mask, gloves and eyeglasses to protect you both from sharing germs.



You can get your vaccine while sitting in your car or you can sit in a chair in the tent.



Will you choose to stay in your car or sit in a chair?

The medical assistant will put the vaccine in your upper arm. First, they will clean the small spot on your arm with cold soap.



Your job is to hold very still to keep you safe. Someone can help you hold still if you need it.

Take slow, deep breaths and relax the muscles in your arm. The medical assistant will give you your vaccine. Some kids say it feels like a pinch. Many kids like to use their other hand to squeeze a stress ball or their grownup's hand.



Some kids like to watch, while others like to look away. What will you do?

You did it! The medical assistant will put a bandaid on your arm.



After getting the COVID vaccine, your grownup will park the car so you can wait 15 – 30 minutes to make sure you are still feeling good. You can bring something to play with in the car if you would like. After 15 – 30 minutes, you can leave and drive away.



Way to go – you are all done!

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