



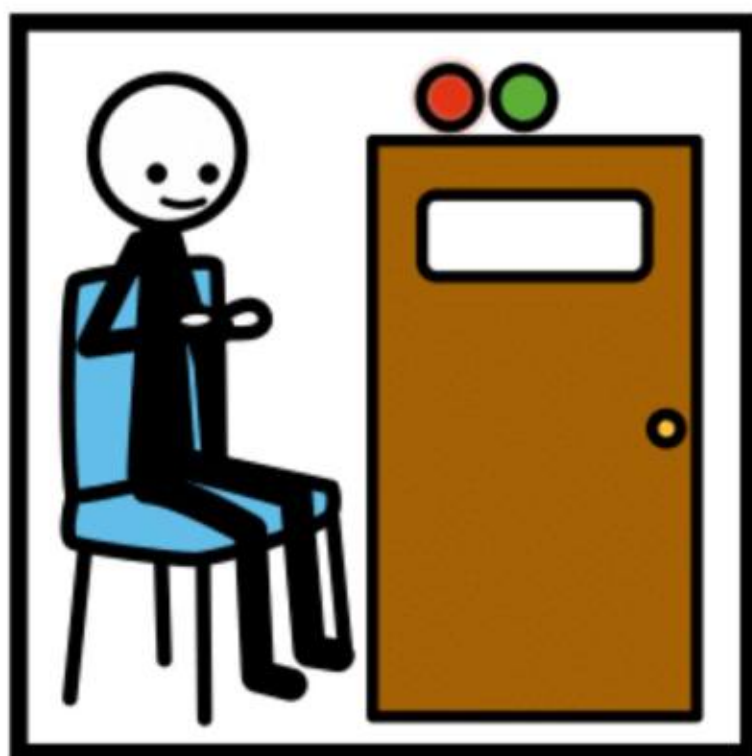
**I am getting a
vaccine**



Today we are going to the health
centre for my vaccine.

I can bring something I like in my
pocket.

Vaccines help my body not to get
ill.



First we sit and wait.

While I wait, I can count to ten or
look at a book.

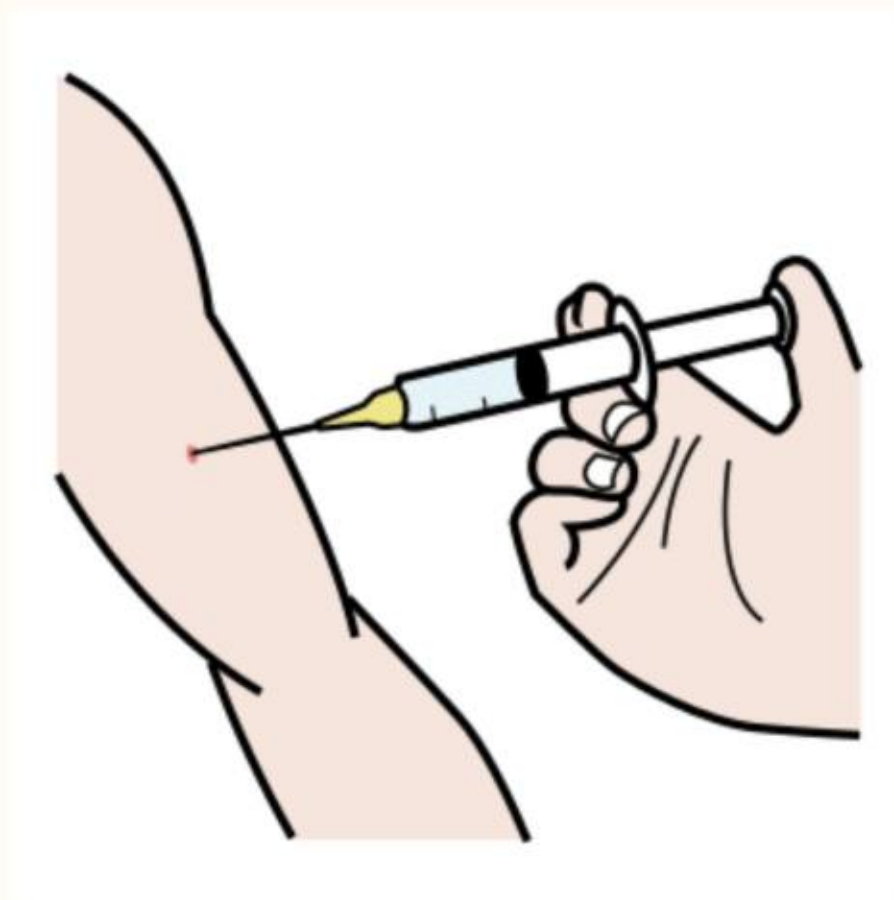
Then they call my name.



**We go in and the nurse asks me to
roll up my sleeve.**

**I can sit with the grown-up I came
with and look away if I want.**

I can choose which arm I prefer.



**I feel a short prick, like a pinch.
I can breathe slowly while it lasts.
Some people feel it a lot and some
hardly at all; it lasts a few
seconds.**



Then they put cotton wool or a plaster on it.

I can move my arm slowly if it feels odd.

Sometimes the arm aches for a while and then it goes.

I am getting a vaccine

Social story made with inklui.com

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Based on Carol Gray's Social Stories.