



## Preparing Your Tamariki

### Before their appointment

Explain that it might hurt for a short time, just like their other childhood immunisations.

Tell them there will be a small needle and that they will feel a sharp scratch or sting briefly but then it will be over. They may have a sore arm, fever, and headache or feel tired afterwards.

**It is important to tell them why they are getting vaccinated.** Let them know the vaccine will protect them against COVID-19, and protect their family, their grandparents, their community, and other kids at school who may be more at risk from COVID-19 if they catch it.

Make sure they know they will need **two doses** (eight weeks apart).

### On the day

- Give them time to ask the vaccinator questions if they have them
- Provide encouragement to help your tamariki feel relaxed
- Make sure they have had something to eat and drink
- Check they're wearing clothes that make it easy to access their upper arm.
- Have some games or toys ready so you can distract them during their vaccination and entertain them while you wait for 15 minutes afterwards.
- Arrange a fun activity or treat to look forward to after the appointment.

### Afterwards

Tell them that they might feel a bit unwell for a day or two, and arrange to spend some extra time with them if you can.