

A cartoon airplane with a pilot is flying over a white banner that reads "My Trip to the Doctor". The banner is curved and has a 3D effect. The background is a clear blue sky with a palm tree on the left and a building on the right.

**My Trip to
the Doctor**

A large, modern glass building with "Rady Children's" written on the top. There is a kite flying in front of the building. The building has many windows and a brown roof section.

Rady Children's

A small building with a sign that says "Donald R. Reynolds Library". The sign is red and white with a black outline.

**Donald R. Reynolds
Library**

A note for parents/caregivers:

This book was written for patients of different ages and language levels.

Not all sections will apply to your child.

Read this first and choose what information you think will be helpful. You know your child best.

This book will detail a trip to the COVID-19 vaccine clinic at Rady Children's Hospital-San Diego.

In this story we refer to the vaccine as a "vaccine", "poke", or "pinch". You may also call it a "shot". You can determine what language is best to use for your child.

Some children benefit from distraction (during the vaccine) and others cope better when there is a reward (provided after the vaccine). If you brought anything with you to the clinic that could be used as a reward for tolerating the vaccine, then you can add this to the end of the story (e.g., "First vaccine, then you will get [insert prize here]"). See final page for example.

If you have more questions about strategies, please contact the Autism Discovery Institute: (858) 966-7453.

If your child has difficulty waiting in line, please email the vaccine clinic at COVID19Vaccine@rchsd.org or let us know when you check-in for your appointment.

Sincerely,

Rady Children's Hospital



I am going to get the COVID-19 vaccine today.



The vaccine has medicine that will protect me from getting sick.

I will get the vaccine 2 times to help keep my body healthy.



Today



2-3 weeks

I will take one part today. I will come back in 2-3 weeks and get the second part.

I will drive with my parent/caregiver to the clinic.

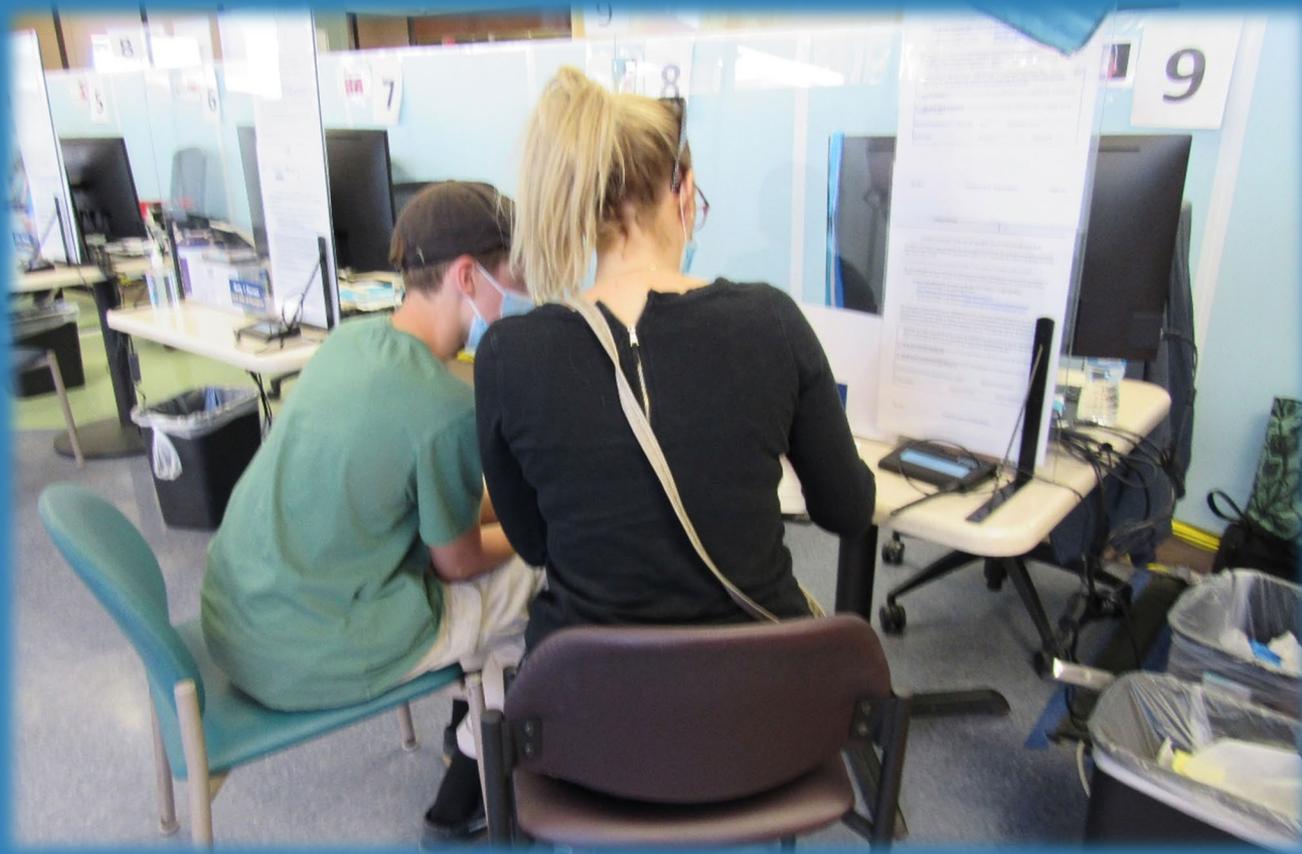


We will park in the parking lot.

Next, I will wait in line.



Now, I will check in at the desk inside.



It is time to walk back and meet the nurse.



I will hand the nurse my card (Second dose only)

The nurse will check my arm.



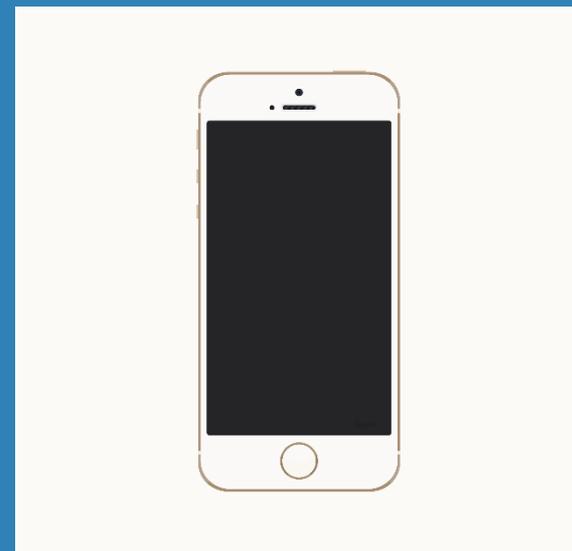
I can let the nurse know which arm I want the vaccine in.

First, I will roll up my sleeve.



Next, the nurse will clean my arm.
It will feel cold and wet.

Now that my arm is clean, I will *look at the light spinner, hold a squishy ball or play on my parent/caregiver's phone.*



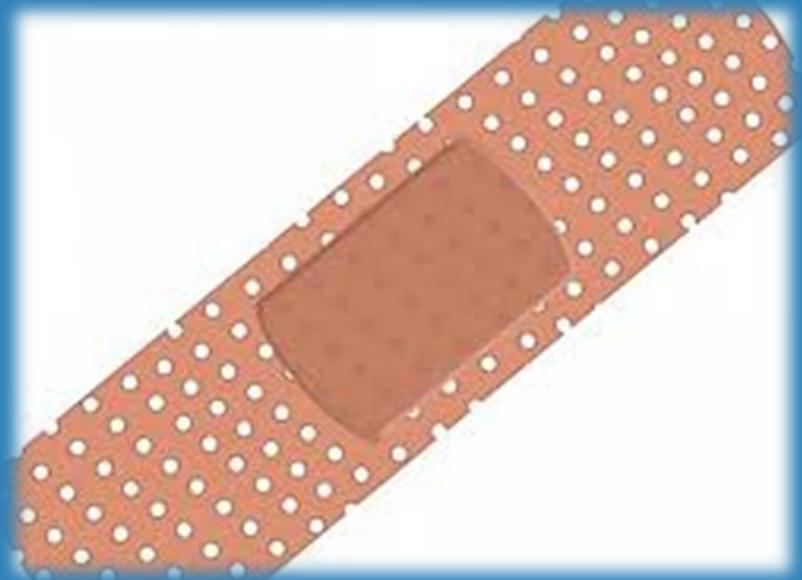
*Parents/caregivers: Feel free to substitute for any activity that is available and helps keep your child's hands busy. IF you are using items for distraction, make sure your child is holding the item BEFORE they get the vaccine .

Now, the nurse will give me the vaccine.
I will keep my body still/calm.



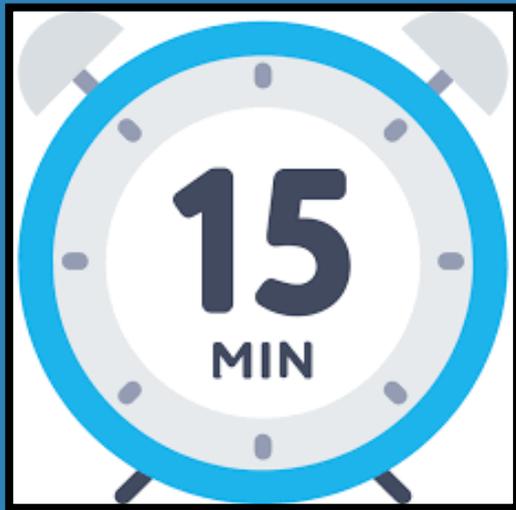
It will feel like a small poke or pinch.
I can count to 3 and it will be all done.

The nurse will put a band-aid on my arm.



****ParentsCaregivers, please let the team know if your child does not like band-aids.****

Now I will wait for 15 minutes.
My parent/caregiver can set a timer on their
phone.



I will sit at the table outside while I wait.



When the timer goes off, then I can go home!

Parents/caregivers: Below is a sample “first-then” visual if your child is earning a reward for getting the vaccine.

FIRST



THEN



Please feel free to add your own picture of the reward your child is earning under the word, “then.”

You can present this by saying,
“First poke, then ice cream”.