



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



A note to 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. If you are getting the vaccine at your primary care office, then you may need to adapt the story.

In this story we refer to the vaccine/shot as a "poke" or "pinch." 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 your child would benefit from a prize/reward for tolerating the vaccine, then you can add this to the end of the story (e.g., "First poke, then [*insert prize here*]"). See final page for example.

We recommend filling out the Autism Friendly Questionnaire in preparation of your visit. If you experience difficulty filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

Sincerely,
The RCHSD Autism Friendly Health System Initiative Team



**I am going to get the
COVID-19 vaccine today.
The vaccine has medicine that
will protect me from getting
sick.**





Today



2-3 weeks

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

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



**I will drive with my [caregiver]
to the clinic.**

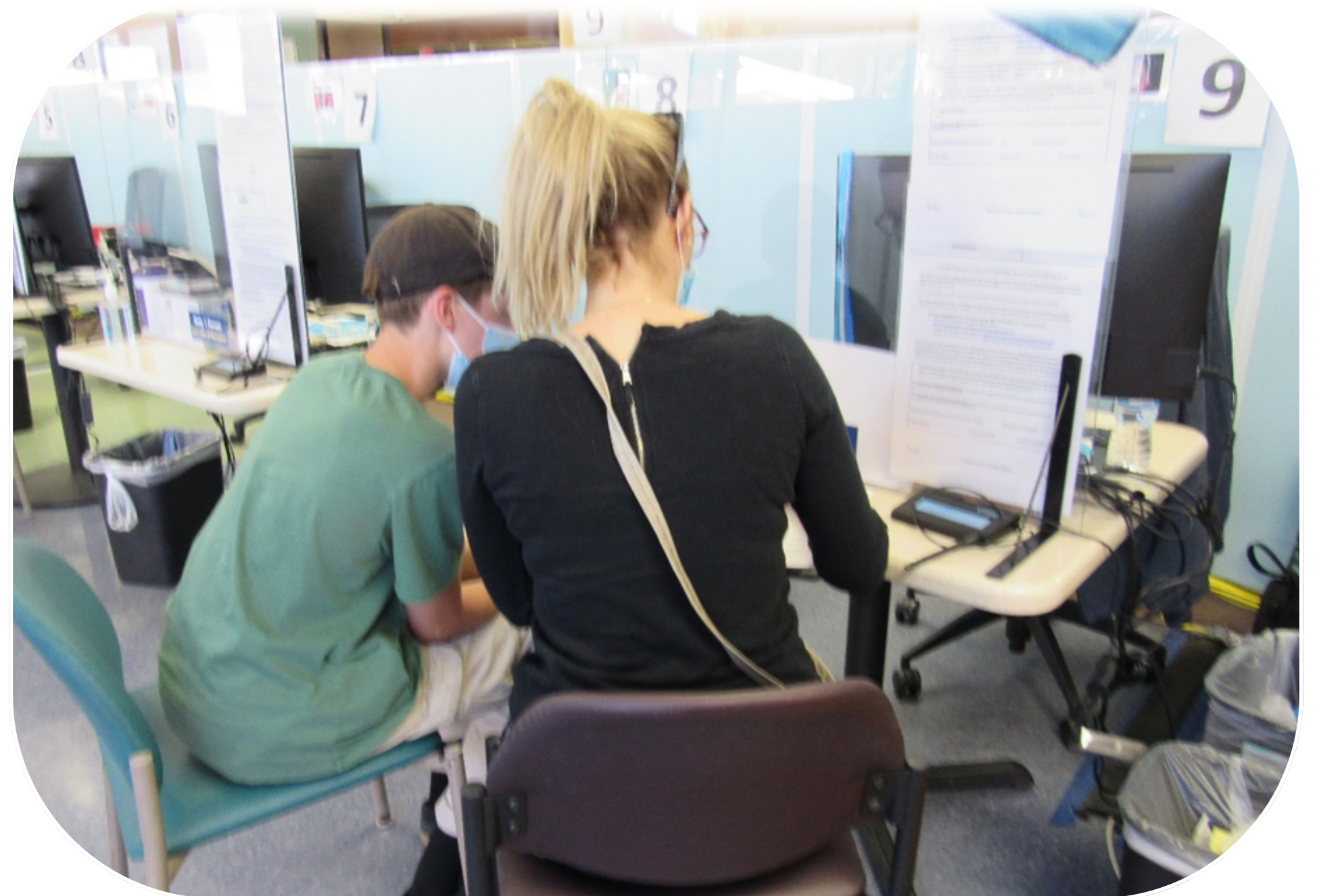
We will park in the parking lot.



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.

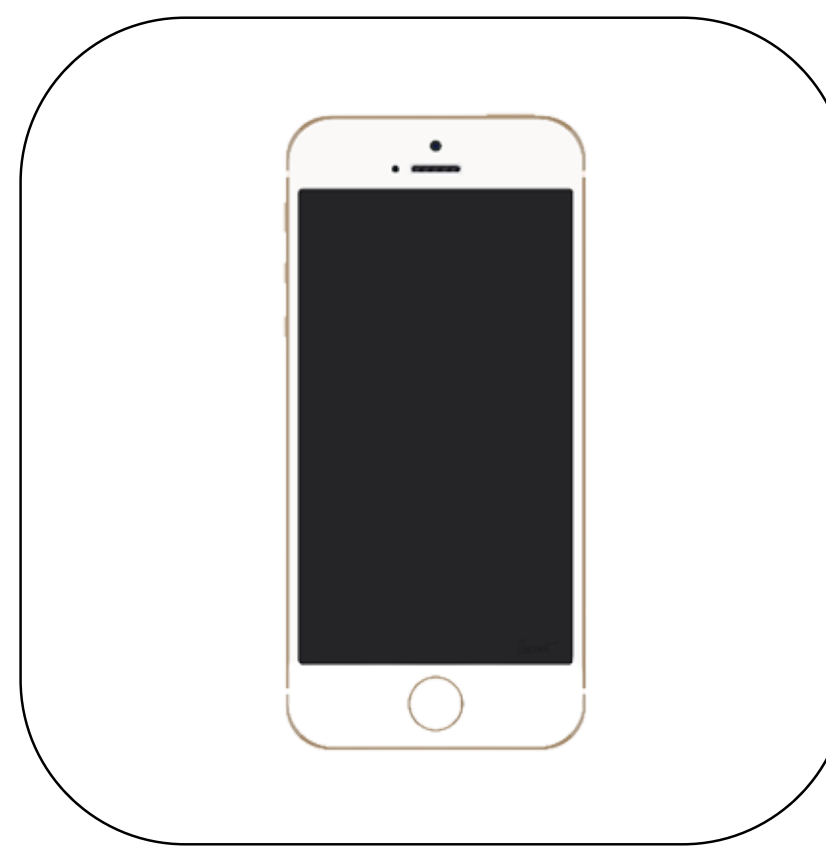
It will feel cold and wet.



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

Note to 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.



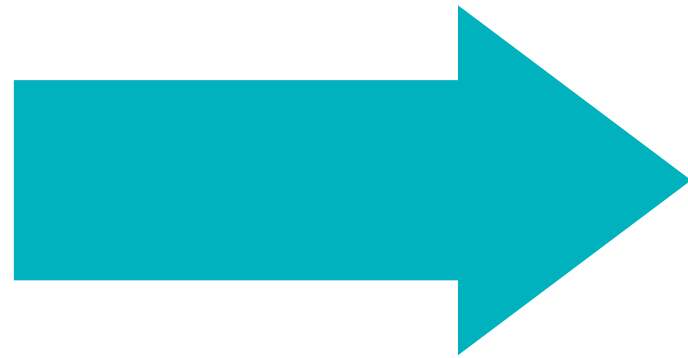
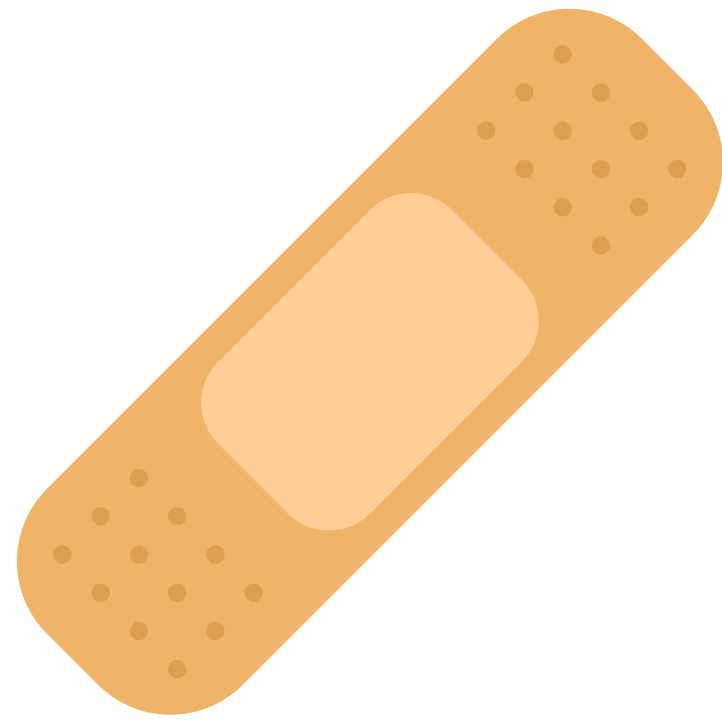
Now the nurse will give me the vaccine.

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.



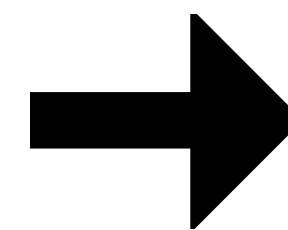
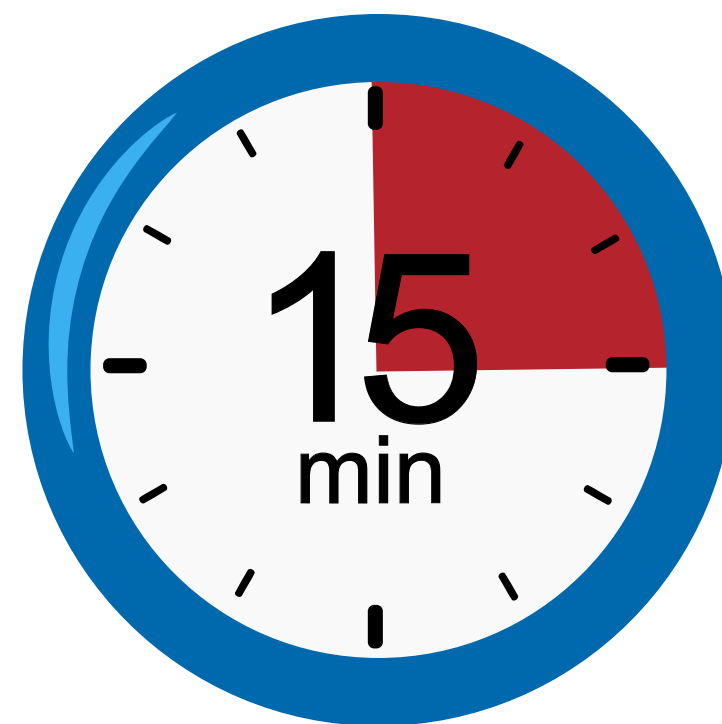


The nurse will put a band-aid on my arm.

Note to caregivers: Please let the care team know if your child does not like band-aids.

Now I will wait for 15 minutes.

**My [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!**

Note to caregivers: We recommend you bring a favorite activity to use while waiting.



The End

Note to caregivers: Please review the following pages for additional visual supports that can be used during your visit.



Caregivers:

Here is a sample **“first-then”** visual if your child is earning a reward after a visit to the vaccine clinic. Please use the template on the next page and 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.”**



FIRST

THEN



“First poke, then _____.”



Reward Chart

A **reward chart** can help the child understand how they will earn their **reward**. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

□ □ □ □ □ □

= □



Visual Schedules

If your child benefits from the use of **visual schedules**, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, you will roll up your sleeve.

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

Next, is the poke. You will keep your body still. You can count to 3 and it will be all done.

Now, the nurse will put a band-aid on your arm.

Then, you will wait for 15 minutes. We can set a timer on the phone.

When the timer goes off, you will be all done and can *[insert reward here]*!

