



All about the Flu Shot

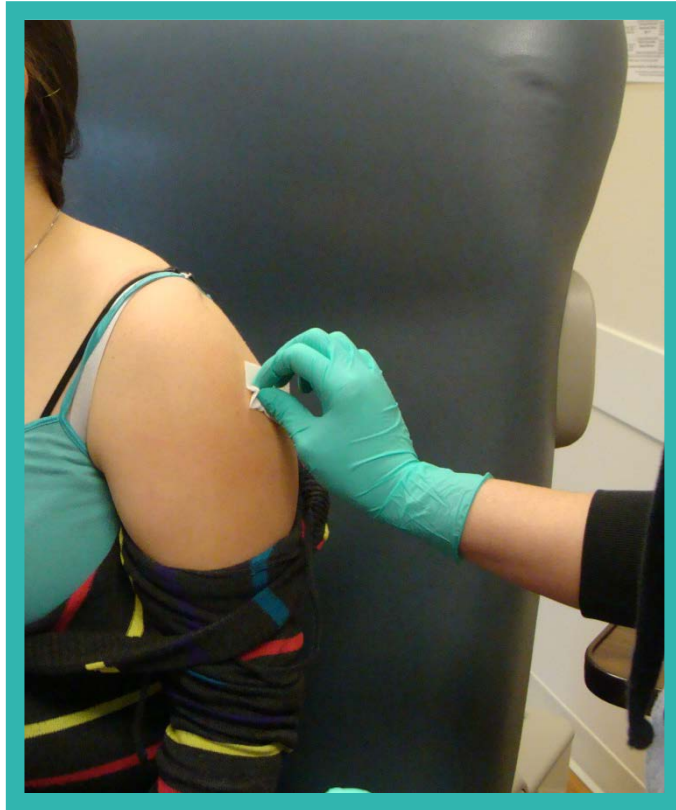


A lot of children get a flu shot. You need to get the flu shot to keep you healthy during flu season.

This book will help you practice the steps before you get the flu shot. Some people might also call it a vaccine or a poke.



You can sit in someone's lap or sit on your own. You can sit on a blue exam table or sit in a chair.



Older children get the flu shot in their upper arm. The nurse will clean a small spot on your arm with a wet wipe. It might feel cold.



Younger children get the flu shot in their upper leg. The nurse will clean a small spot on your leg with a wet wipe. It might feel cold.



It is important to keep still when you get your flu shot. You may feel a quick poke. You can watch the nurse or look at something else in the room.

You can hold someone's hand or a squeeze a ball.



When you are done you will get a
Band-Aid.