

What to expect on the day checklist



Go to the place I am getting my vaccine



Wait your turn



Meet the vaccinator



The vaccinator might ask some questions



5-4-3-2-1 and done!



Plaster






Get your vaccination card



Wait 20-30 minutes and all done!

Communication Card

Hello, my name is:			
My NHI# is:			
My birthday is:			
I live at:			
My contact phone number is:			
Today, I am feeling:	 <p>Happy</p>	 <p>Worried</p>	 <p>Unwell (sick)</p>
Some of the things that will help me are:			

Communication Card

This resource is a collaborative project led by Explore and supported by the Ministry of Health

What is it?

This communication card contains information that you can use if you think you may have difficulty communicating your immediate needs, wants or concerns on the day of the vaccine.

The information on this card will be helpful for the person doing your vaccination. It will help them to understand who you are, how you are feeling and whether there are some things they can do to make your vaccine experience as successful as possible.

How to use it

Fill out this card, then take it with you on the day and give it to the person doing your vaccination. This tool has been designed to be printed back-to-back with the “What to expect on the day checklist” so you can take both tools with you on the day of your vaccine.

Some things that will help me:

It can be useful to list the things the vaccinator or other support people can do on the day to make your vaccination as successful as possible. Below are some examples of things you may want to include in this section:

- If you're asking me to do something please give me clear and specific instructions and give me extra time to respond
- I don't like bright lights, can you dim them for me
- I don't like to be rushed, please keep the experience slow and calm
- I use sign language to communicate but I can understand most words you say
- If I feel worried I may not be able to speak out loud, please help me share my information from my card

What to Expect on the Day Checklist

What is it?

This vaccination checklist has been designed to support you to feel confident and calm on the day of your vaccine. It's a reminder of all the important steps you will go through to get your vaccine. It can be reassuring to know what's about to happen next. Also, by checking off each step as it happens the checklist will help you keep your mind off the injection itself.

How to use it

Take the checklist with you on the day of your vaccine. It has been designed as a step-by-step checklist that you can tick off as you move through each stage of the vaccination process. This tool has been designed to be printed back-to-back with the "Communication Card" so you can take both tools with you on the day of your vaccine.