

# October Health Note

## VACCINES WORK

Did you know that immunization has saved more lives in Canada than any other intervention. Without vaccines, we can expect to see more outbreaks of the diseases that we are now protected against. Vaccines protect individuals and communities against the spread of disease. When enough people are vaccinated, those who are not immune to the disease (like those who have lowered immune systems) are protected too!

### Tips to prevent the Ouch!

#### Distract Yourself

Talk to someone, play a video/music, read, look at a picture on the wall, allow yourself to daydream.

#### Relax

Belly breath, wiggle your toes, self-talk, have a family member or friend with you, ask for privacy.

#### Ask Questions

What will happen on my turn? What am I getting a vaccine for?

#### Get Comfortable

Wear short sleeves, eat a snack, bring a favorite item, sit up straight in the chair, let your arm go loose like jello.

### Parents

Always keep immunization record in a safe place and ensure it is updated with every new vaccine. Throughout the years, your child will need to provide proof of immunization (for camps, activities, college and/or university). Provide a copy of any updates in your child's immunization record to their school. Remember, keeping your immunizations up to date is the BEST way to protect your health.

**Immunize Canada** - <https://immunize.ca/>

**Parents Guide to Vaccination** <https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html>

**Teens, Meet Vaccines** <https://www.canada.ca/en/public-health/services/publications/healthy-living/teens-meet-vaccines.html>

**When parents choose not to vaccinate: Risk and Responsibilities**  
[http://www.caringforkids.cps.ca/uploads/handout\\_images/CFK\\_tearsheet-ENG\(post\).pdf](http://www.caringforkids.cps.ca/uploads/handout_images/CFK_tearsheet-ENG(post).pdf)

**Anglophone School District- West  
Healthy Learners in Schools  
Program**

