

Questions *Students* ask (and their answers!):

- 1. Does it hurt/ what does it feel like?**
It may feel like a little pinch or a sting, or like a mozzie bite. The more relaxed you are the less you will feel it. Listen carefully to the nurse because she will give you some tips to help you relax and to distract you.
- 2. How long will it take?** The nurse will ask you some questions about you and your health first. Then she will explain what will happen next and provide you with a distraction toy or start a conversation with you. If you follow the nurse's directions, the vaccine will only take a few seconds to be given. After vaccination the nurse will complete your record of vaccination and provide you with further information. You will be back with your classmates within 5 minutes.
- 3. They don't just jab do they?** The nurses are specially trained to give vaccines and visit all the schools around western Sydney. They vaccinate more than 5000 students each year and have some great techniques to avoid any discomfort during your injection. And they understand that you may be nervous and will make every effort to help you feel relaxed.
- 4. I'm fasting, can I take this injection?** If you are fasting for religious purposes it is fine for you to be vaccinated. Please be aware that if you are feeling unwell after the vaccination you may be required to break your fast to drink water and recover.
- 5. What do I do if I'm not at school next visit?** That's OK; the nurses will send a text message to your parents or guardian explaining what will happen next. Usually the nurses will be able to provide you with the vaccines at their next visit to the school.
- 6. Why do I get asked if I'm pregnant? (Girl's only!)** Although this may seem a very silly question, especially as you are only in Year 7, please don't be alarmed! This question is always asked to females before a vaccine is given, certain vaccines should be avoided during pregnancy as it may affect the developing baby.
- 7. Why does everyone tell me to eat and drink well during the day?** Sometimes if you are feeling particularly fearful of having an injection you produce a chemical in your body called adrenaline. This can give you a feeling of wanting to run away and/or having butterflies in your stomach. Eating and drinking well both before and after vaccination will make you feel better, faster.
- 8. I'm scared of having a needle, what should I do?** Make sure you have a good breakfast on the morning of the clinic and let the supervising teacher know so we can slot you in early to see the nurses.
- 9. I forgot to bring my consent forms in, what should I do?** If your parents or guardian can't drop the form into school this morning the nurses can vaccinate you at the next clinic. Please return your consent form to the office or the supervising teacher who will keep it at school until the next clinic.
- 10. My arms hurt, I feel dizzy and my head hurts what should I do?** Come back to the clinic and explain how you feel to the nurses. These are quite common reactions after vaccination and usually pass quite quickly. In the meantime we may ask you to lie down here and have a drink of water.