

Managing Needle Phobia

There are many reasons why someone may be hesitant to receive a COVID-19 vaccine. If you have questions, or need extra support, we can help.

Afraid of needles?

If you are avoiding your COVID-19 vaccine doses because you have a fear of needles, you are definitely not alone. Needle phobia is quite common and can lead to vaccine hesitancy.

Need some tips to ease your worries?

Below are some tips you can use to help you reduce the stress, anxiety, and discomfort associated with immunizations.

Be prepared. Knowing what the vaccination process will be like can help reduce stress or worry. Visit [Getting a Vaccine](#) to learn about what to do and what to expect before, during, and after the appointment.

Tell your health care provider. Let your immunizer know if you are anxious about getting your vaccine or if you have ever fainted after getting a vaccine. They have dealt with anxiety plenty of times before, and they will be happy to talk to you and keep your mind off the vaccine.

Deep breathe. Take deep, slow breaths. Breathe in so your belly expands, then breathe out slowly. This helps keep you calm.

Distract yourself. Listen to music, watch videos, read, or talk to someone else to distract yourself.

Requesting Special Supports

If you or someone you are caring for needs extra support in receiving the immunization, please reach out to your [local Health Unit](#) or attend a COVID-19 clinic and speak with the lead.

Resources:

- Reducing pain, stress and anxiety with vaccinations for:
 - [Infants & Young Children](#)
 - [School Age Children/Teenagers](#)
 - [Adults](#)
- [A Better Immunization Experience for your Child](#)
- [Island Health Video: Supporting anxious individuals with their COVID-19 vaccination](#)