autism wellbeing

Tips for having a vaccination injection.

The coronavirus (or Covid-19) vaccination is given by 2 injections.

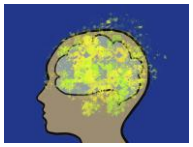
You will be contacted when it is your turn.

Please see Autism Wellbeing's other information sheets for more information.

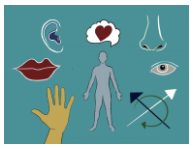
You may wish to complete our downloadable sheet so you can share your "Important personal information to help with vaccinations".

The vaccination is given by injection. You will be contacted with the details of your appointment. It may be helpful to check out the location before your appointment if you are not familiar with it. Use online maps to help you identify the building and where to park.

If you need reasonable adjustments e.g. somewhere quiet to wait; or extra information about what to expect; contact the appointment centre. This may help reduce anxiety leading up to the appointment.



It is common that people feel anxious about injections and vaccinations. There is help and advice available. The NHS has information about needle phobia, and about the coronavirus vaccination. It may be helpful to talk through what to expect and consider why vaccinations are important.



Keep your senses regulated. Take headphones, a fiddle toy, sunglasses, or something that brings you comfort to your vaccination appointment – or whatever helps you regulate yourself best. The appointment may be somewhere unfamiliar and possibly noisy or brightly lit.

Share information that will help you get the support you need. Let the person administering the vaccine know if you feel anxious, or if you experience pain intensely; or if you would rather not talk. You may wish to use our "Important personal information to help with vaccinations".

Here are some suggestions for when you have an injection – why not try those that may look suitable for you?

- Roll your own sleeve up and rub your arm at the site of the injection, to help prepare your skin for the sensation of being touched.
- Distract yourself with something to look at, hold, or listen to during the injection.
- If you are supporting someone else, remember to regulate yourself too, so your calm state of mind rubs off on them.
- Do a regulating activity afterwards. You may need to wait for a short while after the injection, so be prepared – take something to do.