



Injections

- **An injection is a special needle used to give you a small dose of something to help you.**
- **Injections are usually given in the arm but sometimes other parts of the body are used.**
- **Everyone needs to have injections to help protect them against nasty germs. Without them people can get really ill. There are lots of other reasons why people might need injections.**
- **Many people do not like to have an injection. It is just something you just have to do. It can hurt a tiny bit but many people don't even feel it. Sometimes you may feel a little sore for a day or two but usually it is OK.**
- **It is normal to feel a little bit anxious or scared before an injection but you will soon be OK. Many people find it helps to look away and talk about something else.**
- **It is important to have injections to keep you healthy. They are not that nice but it is best to try to stay calm and relaxed and you will soon be OK.**

