



Injections

- An injection is when a special needle, called a syringe, is used to give you a liquid dose of something to help you.
- Injections are usually given into a blood vein in the arm but they are also given in other parts of the body.
- There are lots of reasons why people need injections:
 - To give immunity (protection) from viruses and bacteria (germs)
 - To give important chemicals that the body is lacking
 - To make other changes to the way the body works
- 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 say they don't feel it. Sometimes you may feel a little sore for a day or two but usually it is OK.
- Many people feel a little anxious before an injection. It can help to look away and talk about something else.
- It is important to have injections to keep you healthy. They are not that nice but stay calm and relaxed and you will soon be OK.

