

Coronavirus [COVID-19]



DO YOU HAVE A NEEDLE PHOBIA?

HERE'S SOME TIPS TO HELP YOU RECEIVE THE COVID-19 VACCINE

As Australia starts to open up, we need to prepare for the Delta strain of COVID-19 coming to the Territory. The best thing you can do to protect yourself, your family and community is to get the COVID-19 vaccine. Two doses of the vaccine gives you around 90% protection against hospitalisation and death from COVID-19.

It's ok to be nervous about getting a needle. Needle phobia is real and quite common. Health professionals will support you to help overcome your fears so you can receive your vaccine. When you arrive at the clinic, let the receptionist know that you are nervous with needles and would like to speak to the nurse or doctor about it. There is no need to feel embarrassed.

It is ok to bring a friend or support person with you. Make sure you bring something with you to distract you while you're waiting for your vaccine, such as your mobile phone, a book or a friend. The Health Care Provider may ask if you want to lie down to receive your vaccine and they will ensure you have privacy, even in a large clinic.



Some tips that may work for you:

- Do not watch the preparation of the vaccine
- Look away when the vaccine is being administered
- Practice deep breathing before and during the vaccination
- Distract yourself - talk about something else, wiggle your toes or listen to music



Some people may require further support from specialist trained psychologists or other health professionals to manage their needle phobia in the long term. If you think you may need more support, speak to your doctor.

coronavirus.nt.gov.au

SLEEVES UP

