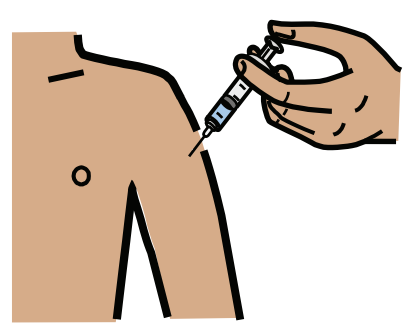




GIG
CYMRU
NHS
WALES

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Bae Abertawe
Swansea Bay University
Health Board

Are you afraid of needles?

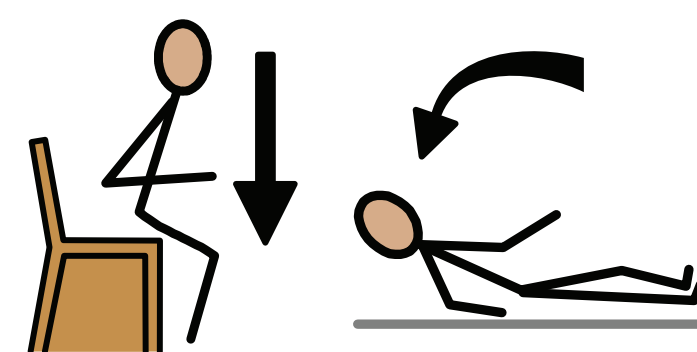


That's okay, lots of people are afraid of needles, but don't worry.

Below are some tips to help you;

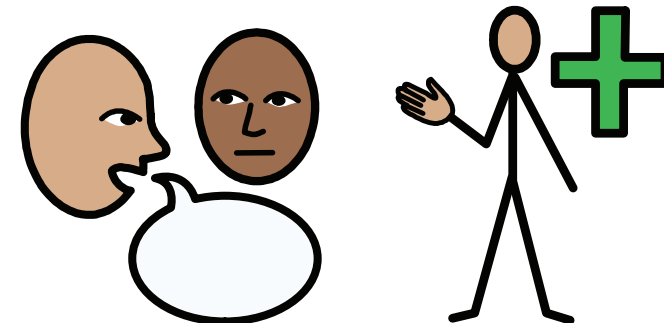
Get comfortable

Sit in a comfortable chair or ask if you can lie down



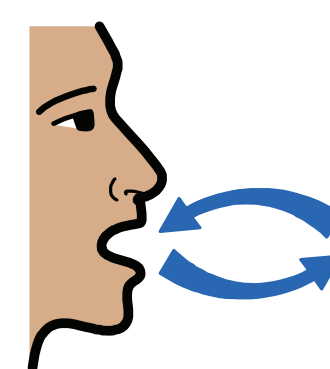
Talk about it

Talking about your worries will allow the nurse to help you



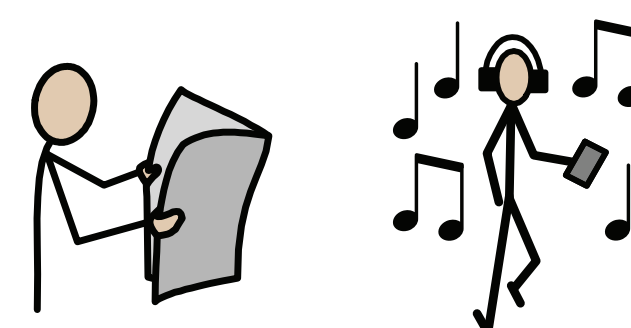
Take a breath

Taking deep breaths will help you relax and reduce your stress and worries



Bring something you like

You could read a book, play with a toy, listen to music or watch a film to help distract you



Mae Brechu yn achub bywydau
Vaccination saves lives