



Children's Services





Nobody likes getting a shot. Shots hurt a little and can make your muscle sore for a short time. Shots that are given to prevent illness can also be called vaccinations. These shots, or vaccinations, are very important and can help you from getting some serious illnesses. Nobody likes being sick either, so maybe a shot isn't so bad after all.

A shot helps your body fight off illness by making antibodies for the illness. Your body builds antibodies because the medicine in the shot may contain a tiny amount of the illness germ, or a weak illness germ. This tiny and weak part of the germ causes your body to produce antibodies which then protects you from the illness.

Shots are given with a needle and syringe. The medicine in the shot is injected into your muscle. It is true, that it hurts a little, but the pain usually

comes and goes pretty quickly. If you cry when getting a shot, that is OK. Lots of kids cry when getting a shot. To make shots easier to take, try bringing your favorite teddy bear or asking your mom or dad to hold your hand while getting a shot. This should help. Afterward, you may get a kiss or little treat from your mom or dad for being brave! You might even get a sticker. Most of your shots were given to you when you were very young. As you get older, you require less shots, but will occasionally still need a few.

What are the things that help you be brave when you get a shot?

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Source: Kids Health