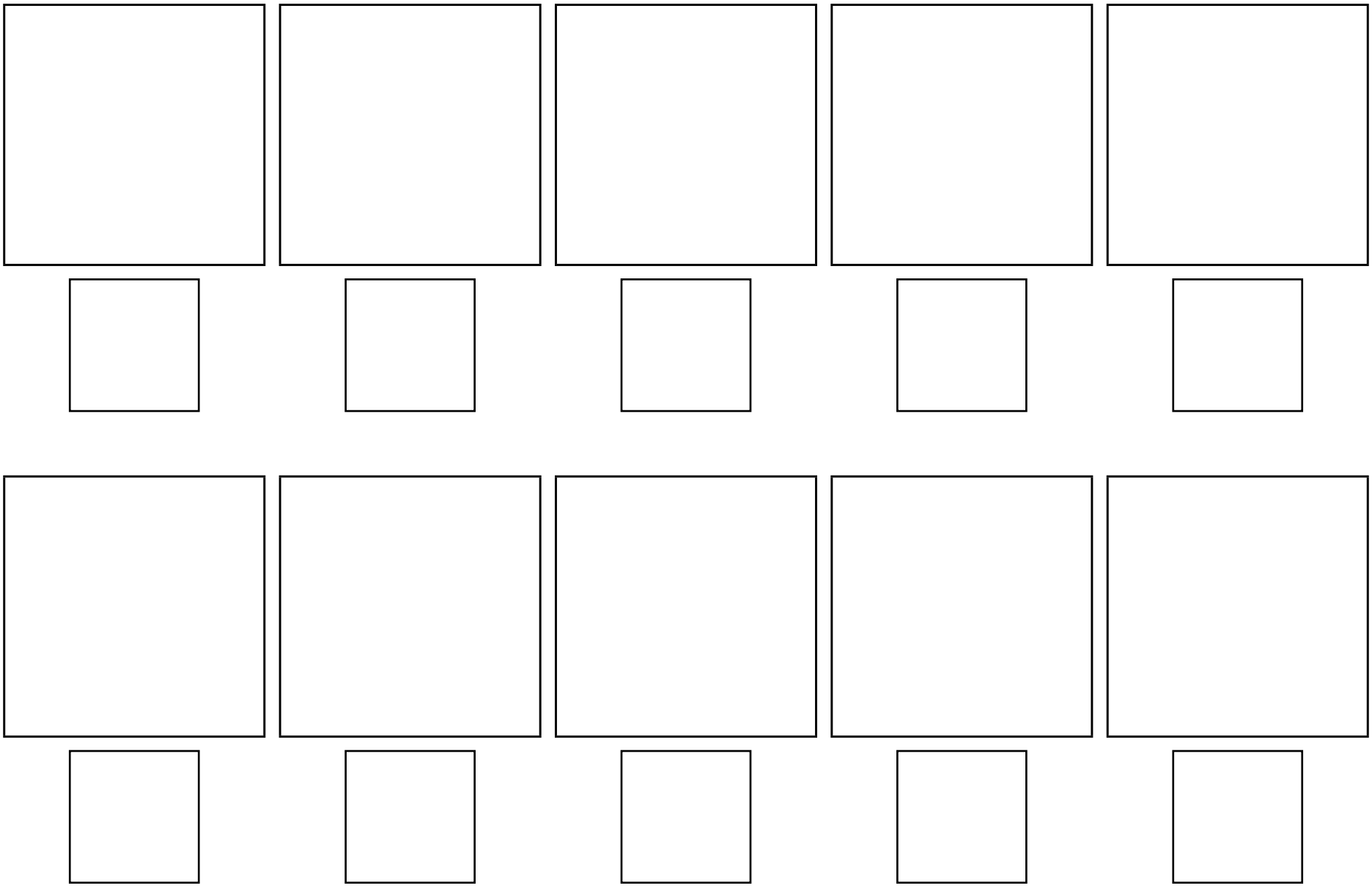
Getting a Shot



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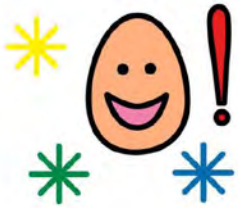
hold stuffed animal	hold caregiver's hand	 Great job!	all done	Think of something that makes you happy.
sit on exam table	be still	shot: quick pinch	sit still	sit still
shot: quick pinch	shot: quick pinch	shot: quick pinch	shot: quick pinch	nurse cleans arm

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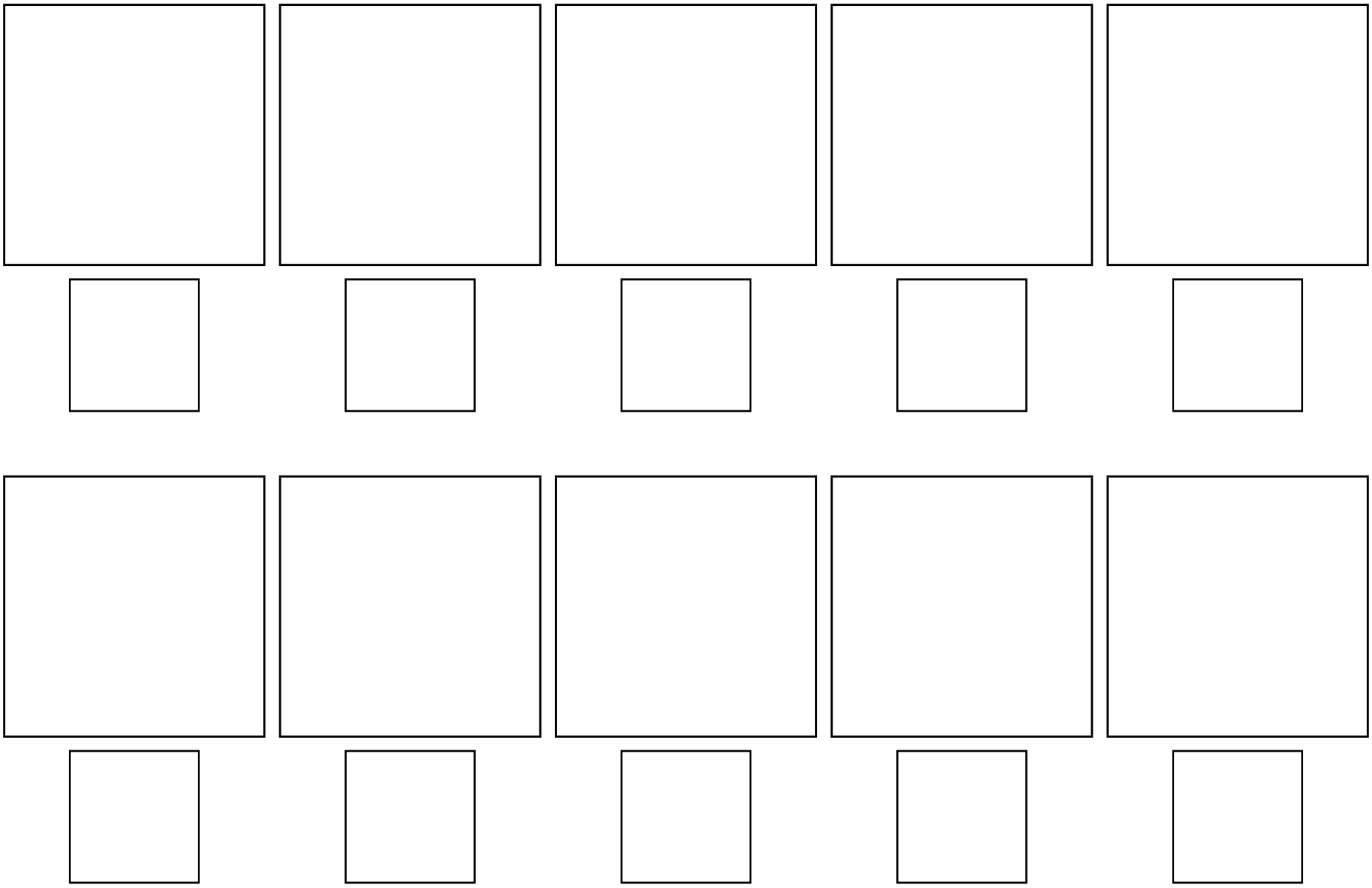
Getting My Nose Swabbed



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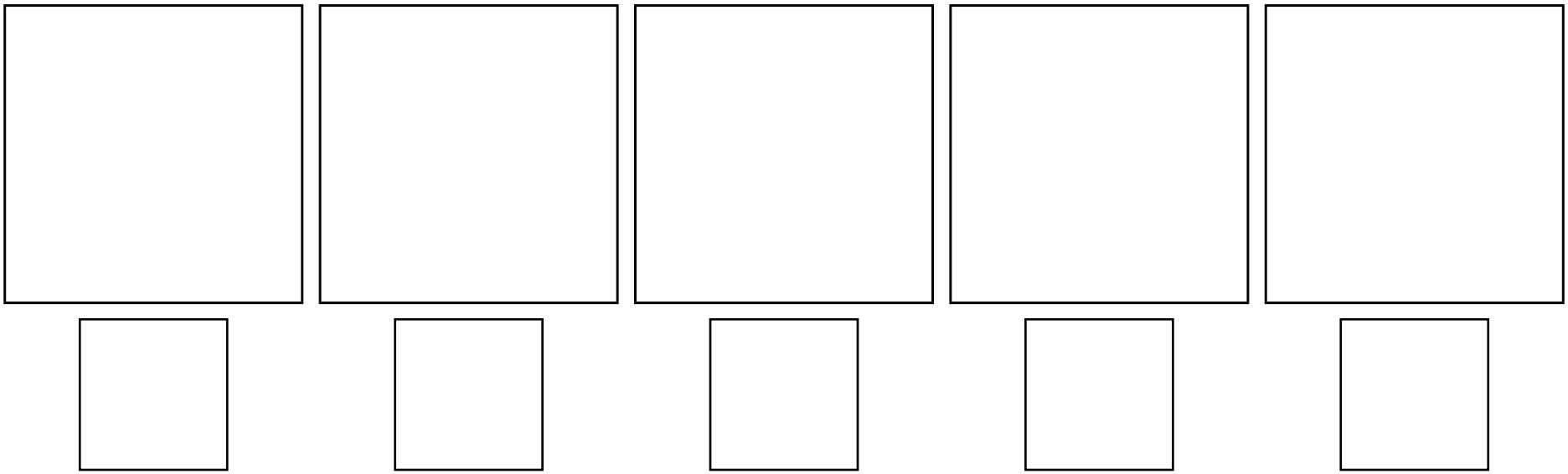
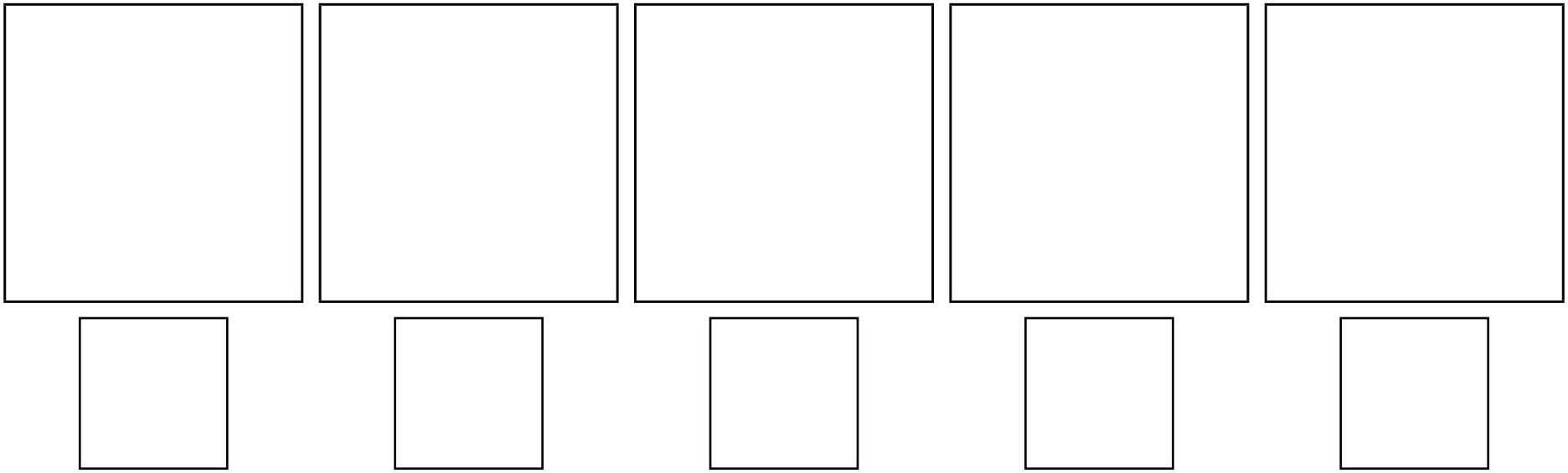
Getting My Throat Swabbed





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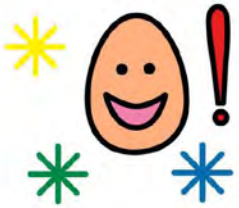
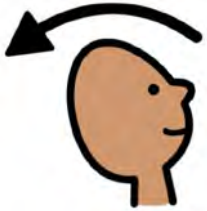
sit still	sit still	Doctor puts swab in mouth and rubs back of throat gently	 Great job!	doctor takes swab out of nose
all done	doctor takes swab out of mouth	open wide and say “ahh!”	Great job!	doctor puts swab in throat for 10-15 seconds
sit on exam table	 tilt head back	doctor puts swab in nose for 10-15 seconds	sit on exam table	all done

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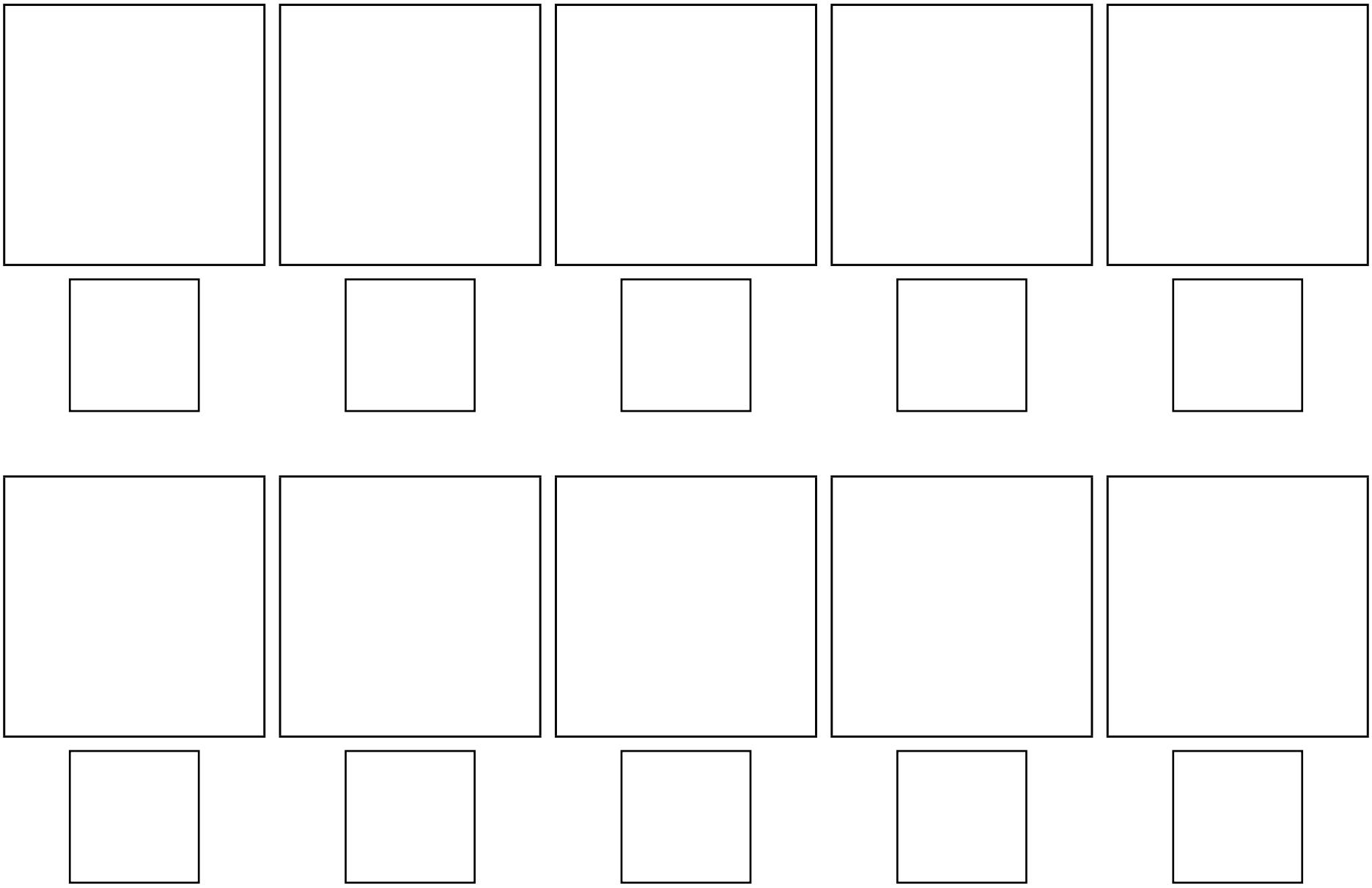
Getting Bloodwork



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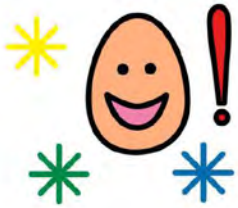
Task Analysis

The nurse takes the tourniquet off.	The nurse will feel for a vein.	 Great job!	sit still	sit still
The nurse will put the tourniquet on my arm.	all done	The nurse will clean the area.	bloodwork	needle in: small pinch

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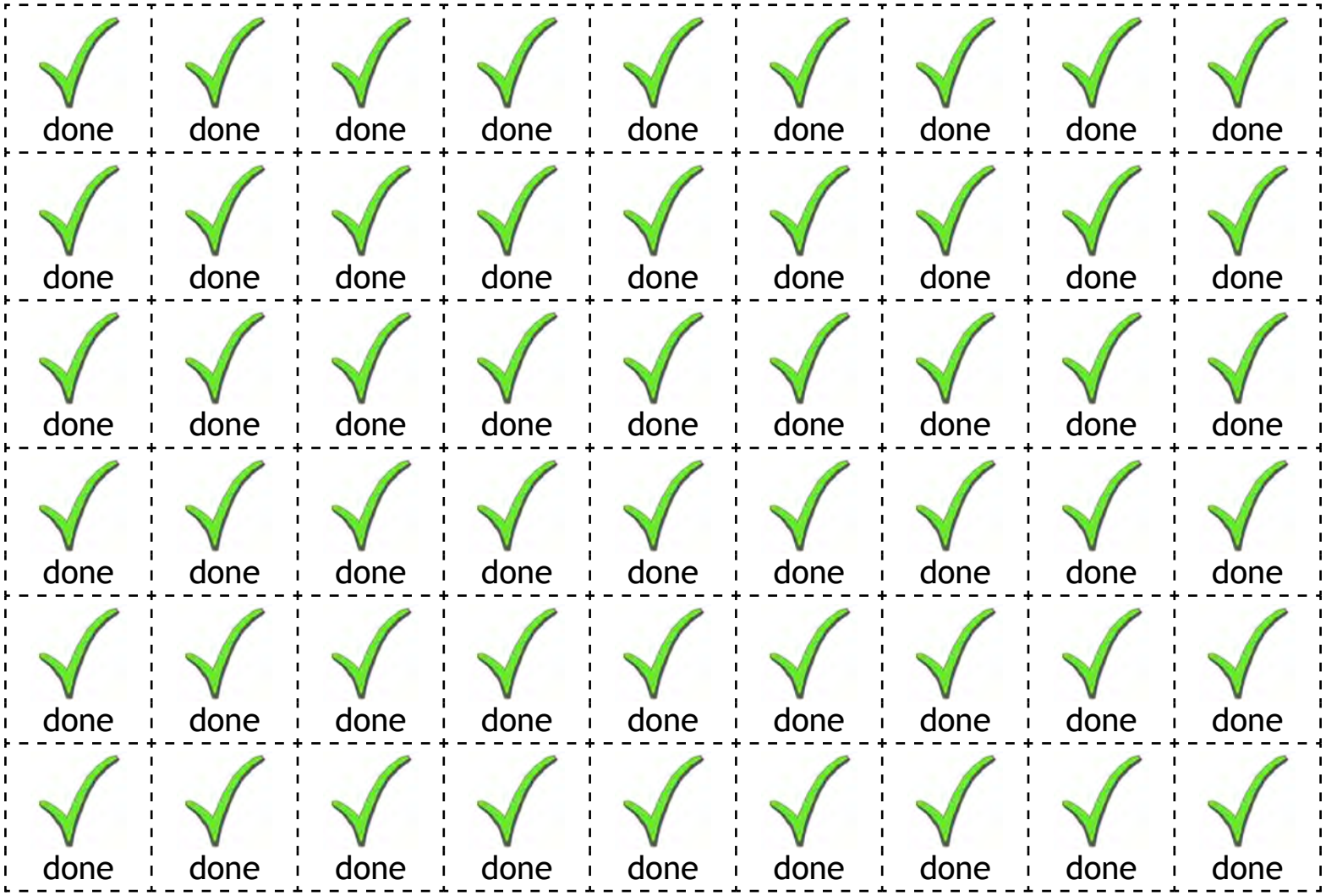
These check marks can be used to mark off completed steps on one of the task analysis visual supports.



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