

# Getting a Shot



First, I will go to the doctors office.



When I get to the doctor's office, I will wait in the waiting room until it is my turn.



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I will need to be quiet while I wait. I can read a book or play with toys while I wait.



When it is my turn, the nurse will call my name.  
Then, I will follow the nurse to an exam room.



The nurse will ask me to sit on a table.



The nurse will then wipe my arm with a wet cloth.  
This is to make sure my skin is clean for my shot.





It's okay if I am scared, but I need to sit still. I can hold my mom or dad's hand if I want to.





The nurse will then count to “3” and give me the shot. It might hurt, but only for a few seconds.



The nurse will give me a Band-Aid to cover where I got my shot.



If I am good the nurse will give me a sticker.



Then I can go home.

