

Do you have a needle fear or phobia?

If your fears are stopping you from getting vaccinated, you are not alone. Being afraid of needles (trypanophobia) is a common anxiety that can trigger intense feelings of panic, nausea, weakness, and fainting.

Simply hearing or thinking about injections may be enough to create these reactions. It is natural to want to avoid these negative feelings, and anything that causes them.



Focus on the facts

- 👉 Don't let the "what ifs" get the better of you

Reframe your thinking

- 👉 Consider vaccination as protection because the risks associated with COVID-19 are much worse.
- 👉 Focus on the vaccine's benefits and the things you look forward to after vaccination.

Make a plan

- 👉 Bring a support person
- 👉 Let the clinic know you have a phobia
- 👉 Bring distractions (cellphone, books, podcasts, etc.)

Talk to your doctor or pharmacist

- 👉 A pharmacist can recommend a topical anaesthetic to numb the area before vaccination.
- 👉 A healthcare professional may prescribe medications to help manage anxiety or explore the root concerns.