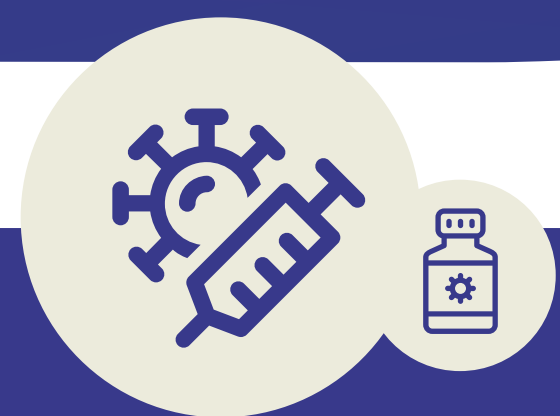


#INCLUSIVEHEALTH



WHAT IS NEEDLE FEAR?

Needle fear means being afraid of getting poked with a needle. Having a fear of needles is common. Getting medicine put in the skin with a needle usually does not hurt much, but the mind can play tricks and make people feel very afraid. People who have fears that get in the way of important medical care need support.

HELPFUL TIPS TO HANDLE FEAR AND PAIN

Knowing why the medicine has to be put in the skin, where it will happen, who will be there, and what happens before, during, and after can help make it less scary.



The doctor or a family member can help explain that putting the needle in the skin may feel like a pinch. It may hurt a little bit, but just for a moment.



Practicing what will happen before going to the doctor may help reduce the fear.



Being in a private space may be more comfortable for people with needle fears.



Using numbing cream or spray before the needle is used can help reduce the pain.



Making the skin cold, rubbing it, or using a buzzer can help the brain focus on that feeling and not any pain from the needle.



Having something else to do like playing with a toy or looking at a video can help keep the mind away from the pain and fear.



Taking deep breaths can help calm the mind while the needle is used.



GETTING HELP

There are many ways family members, caregivers, or friends can support someone who has needle fears.

- They can let you know there is nothing to be ashamed of.
- They can come with you, support you, and help you with the ways that you want to manage your fears.
- If your fear gets bad, you can ask for help from a doctor who is an expert in helping with fears.