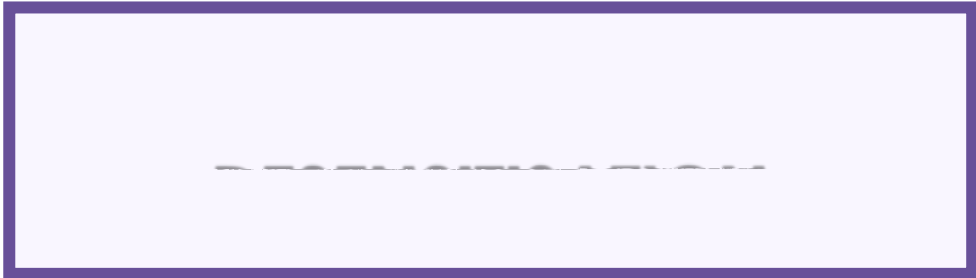


The Desensitisation flashcards are designed to be printed two sided, with 2 pages per sheet.

Once printed, the flashcards can be trimmed and used individually. They will have a front and a back.

- a. 7 'JW_ EA i 'h'd YÑhc 'U`ck 'mci 'hc 'd f]bha c fY '
than one page per sheet of paper.
- b. C b 'EDU[Yg'hc 'd f]bhÑgY 'YWh'EDU[YgÑUbX '





Face Coverings



Face coverings are worn to protect people from catching coronavirus (Covid-19).

The virus is spread by droplets from coughs, sneezes and





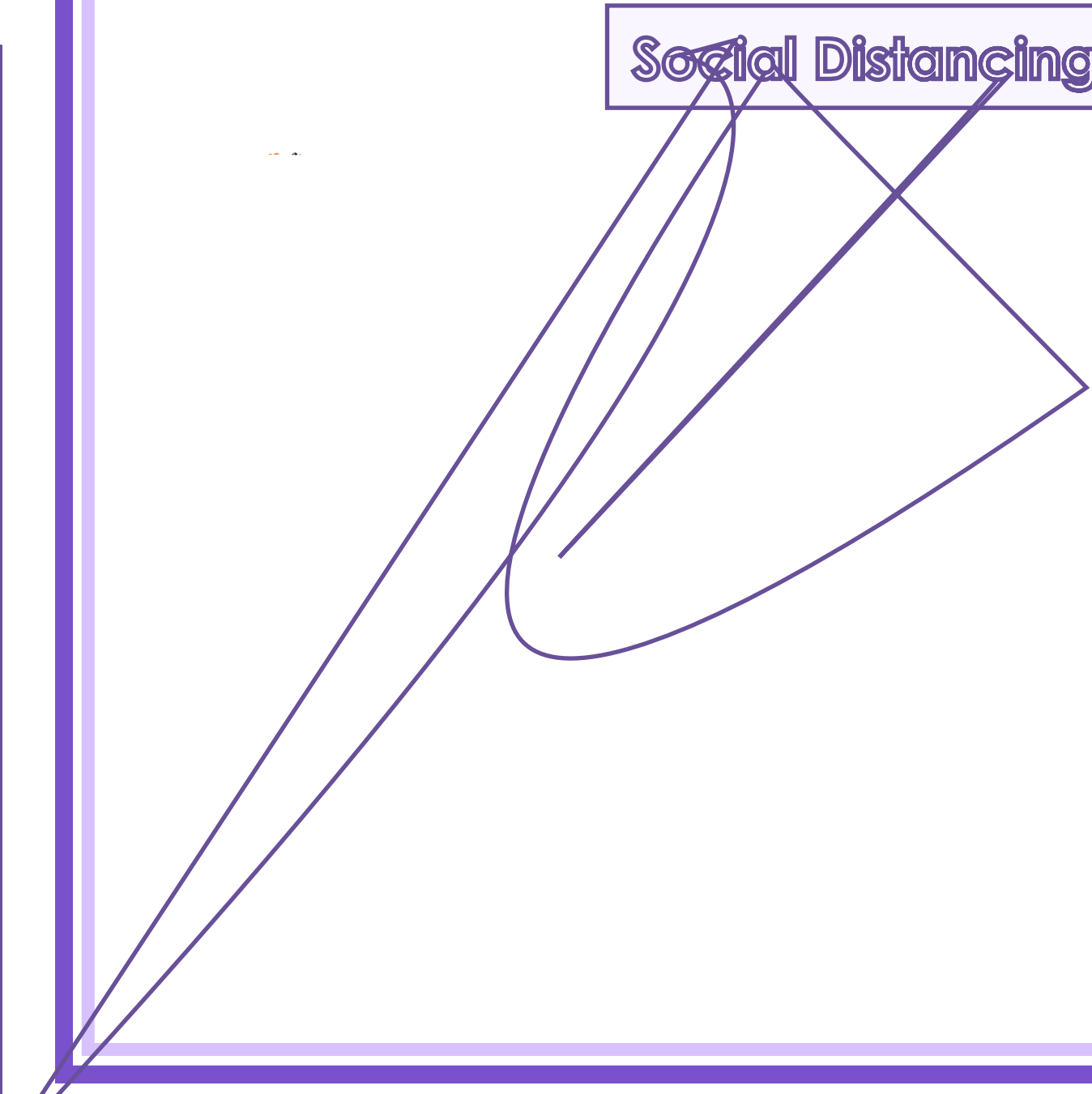








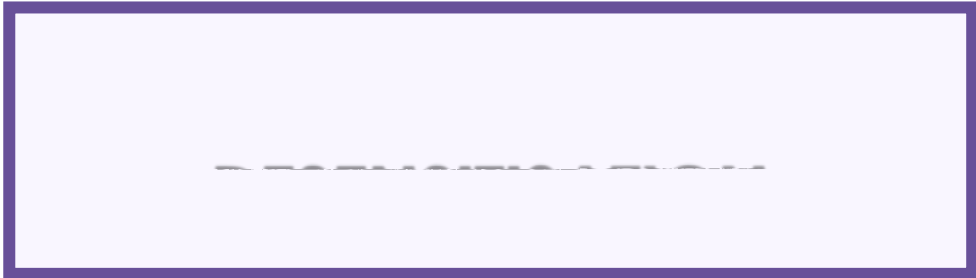
Social Distancing















The Covid-19 vaccination is given in the top of your arm by an injection.

If you are worried about having the injection you could take something with you to the appointment.

Headphones to listen to music or a computer game could take your mind off what is happening.

You are able to take someone with you if necessary.

A supporter could talk to you and reassure you while you are waiting and then having the vaccination.