



My Vaccine Appointment Checklist

As I get ready for my vaccine appointment, I can use this checklist to remember items that might help me. Some of the items are necessary for my appointment. Other items are optional but might help me feel calm and ready for the appointment.



Necessary Items needed for my vaccine appointment

- Identification Card
- Registration information (print it or I might be able to save it in my phone)
- Face mask



Optional Items that might help me during my appointment. These items might help me stay calm while I get my shot or if I need to wait for my shot.

- Headphones
- Fidget items (like a stress ball)
- Tablet or phone (download a show or video before my visit)
- Book