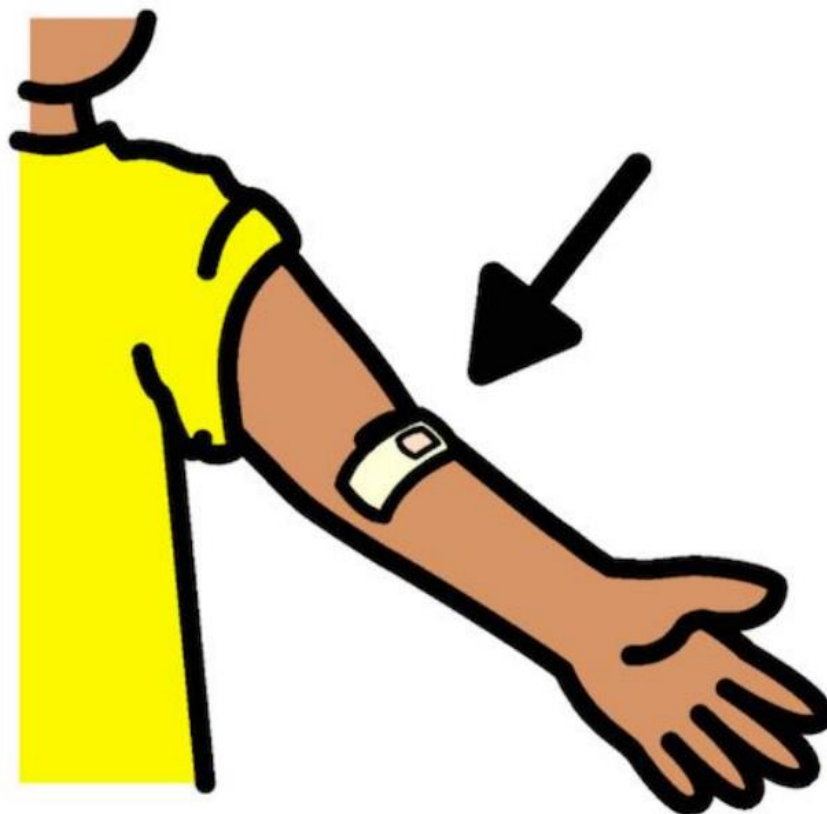


# Blood Draw



This story is about how the nurse will draw my blood.  
If I feel nervous, I can:

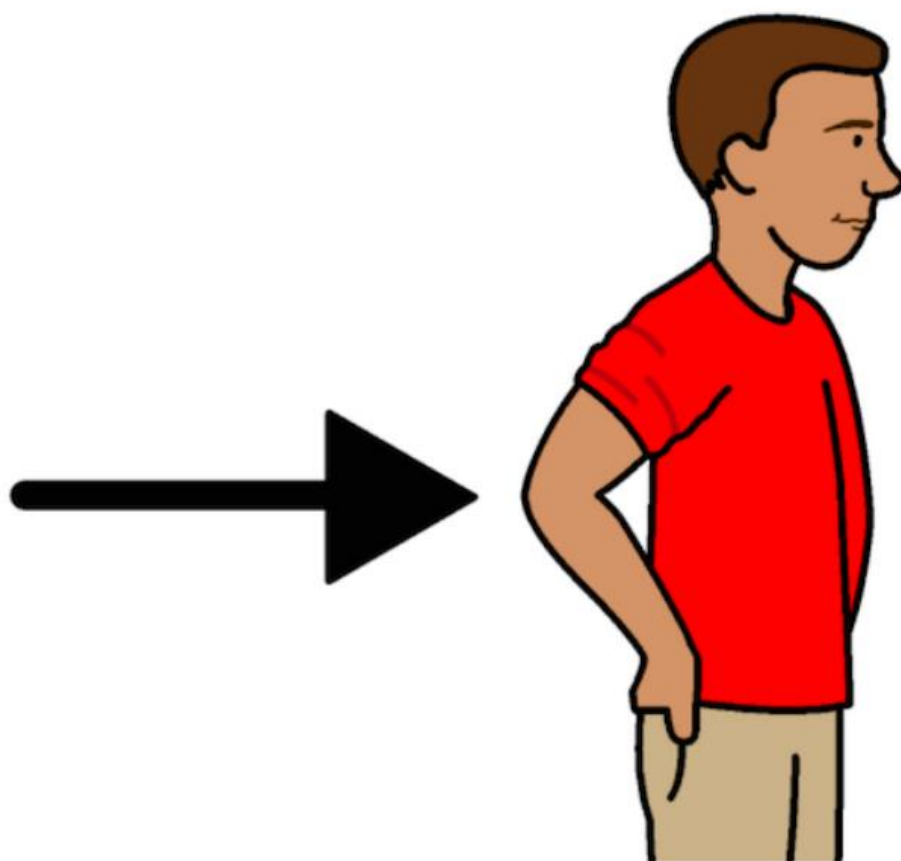
- Think of something that makes me happy
- Ask someone to hold my hand
- Look away
- Remember that I'm staying strong and healthy



The nurse will wrap a band around my arm. It  
might feel tight. I will sit still.



The nurse will hold my arm and tap the inside of my elbow to find the best spot.



The nurse will clean my arm with an alcohol wipe. It might feel cold. The nurse might also apply cream.



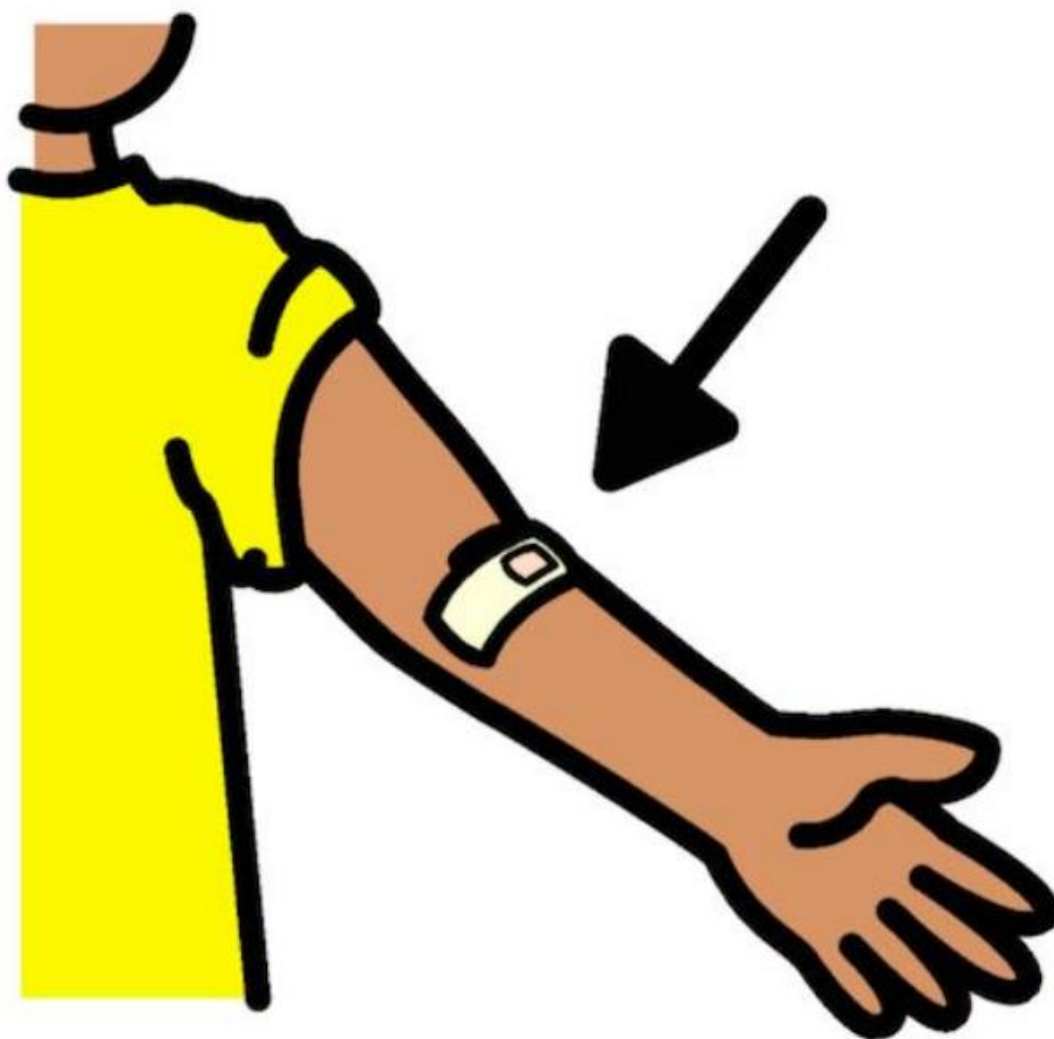
It's time for the shot. I can choose to look away and ask someone to hold my hand. I can also think about the things that I like or focus on an object in the room.



The nurse will collect my blood. It might feel different, but that's okay. I can continue to think about the things that I like.



When it is done, the nurse will put a Band-Aid  
on top.





I did a great job learning how to get  
to my blood drawn!

