

# TOP TIPS FOR MANAGING NEEDLE PAIN

*Getting a needle doesn't have to hurt!*

These science-backed tips are safe, easy and effective for children and adults.



**DID YOU KNOW?**  
2 in every 3 children  
and 1 in every 4 adults  
have a fear of needles.

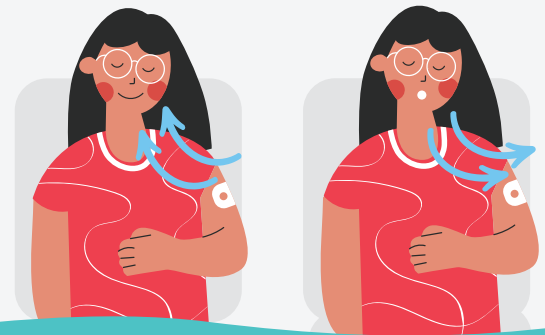


## 1 DISTRACT

Watch a movie, listen to your favourite song, or play a game to distract yourself and take your attention away from the needle.

## 2 BREATHE

Take slow, deep breaths before, during, and after getting a needle to help calm your nervous system and reduce stress and anxiety.



**TIP:**  
Remember to always  
read the instructions  
or speak to a health care  
provider before using a  
new product for the  
first time.



## 3 NUMB

Apply a numbing cream or patch to the area where you will get your needle 30-60 minutes before your appointment to minimize pain.

## 4 RELIEVE

After your needle, take an over-the-counter pain reliever to help reduce soreness and discomfort.



Learn more at: [cihr-irsc.gc.ca/e/52778.html](https://cihr-irsc.gc.ca/e/52778.html) #ItDoesntHaveToHurt



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