



Getting shots at the Doctor's office



Soon, I will go see the Doctor's at Bay Clinic.



The doctor wants to make sure that I am healthy and I feel good.

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When we get to the doctor's office, we will wait in the waiting room until it is my turn.

4



I can sit in a chair and read a book or play with toys while I wait.

5



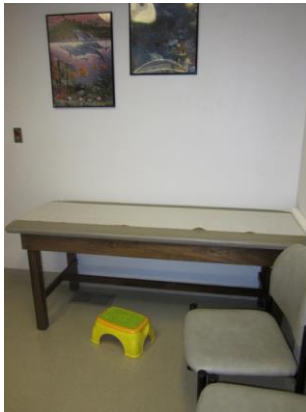
When it is my turn, the nurse will call my name and I will follow her to the exam room.

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After the doctor has checked that I am healthy,  
the nurse will come in.

7



The nurse will ask me to sit on the table.

8



Next the nurse will wipe my arm with a cloth that is wet.  
This is to make sure my skin is clean where I will get my shot.

9



Then the nurse will show me the needle.

10



It's okay if I am scared, but I need to hold still.  
I can hold onto my mom or dad's hand and squeeze tight if I need to.

11



Next the nurse will count "1, 2, 3" and then she will give me the shot.  
It will hurt a little bit but it won't last long.

12



Next the nurse will wipe off the area and give me a cool Band-Aid. I need to leave that Band-Aid on till my mom or dad tell me it's ok to take it off.



If I am really good and brave I will get a sticker from the nurse too.



Then we are all done!