

Doctor Safety
in

WHEN DO YOU NEED
AN INJECTION?

When do you need an injection?
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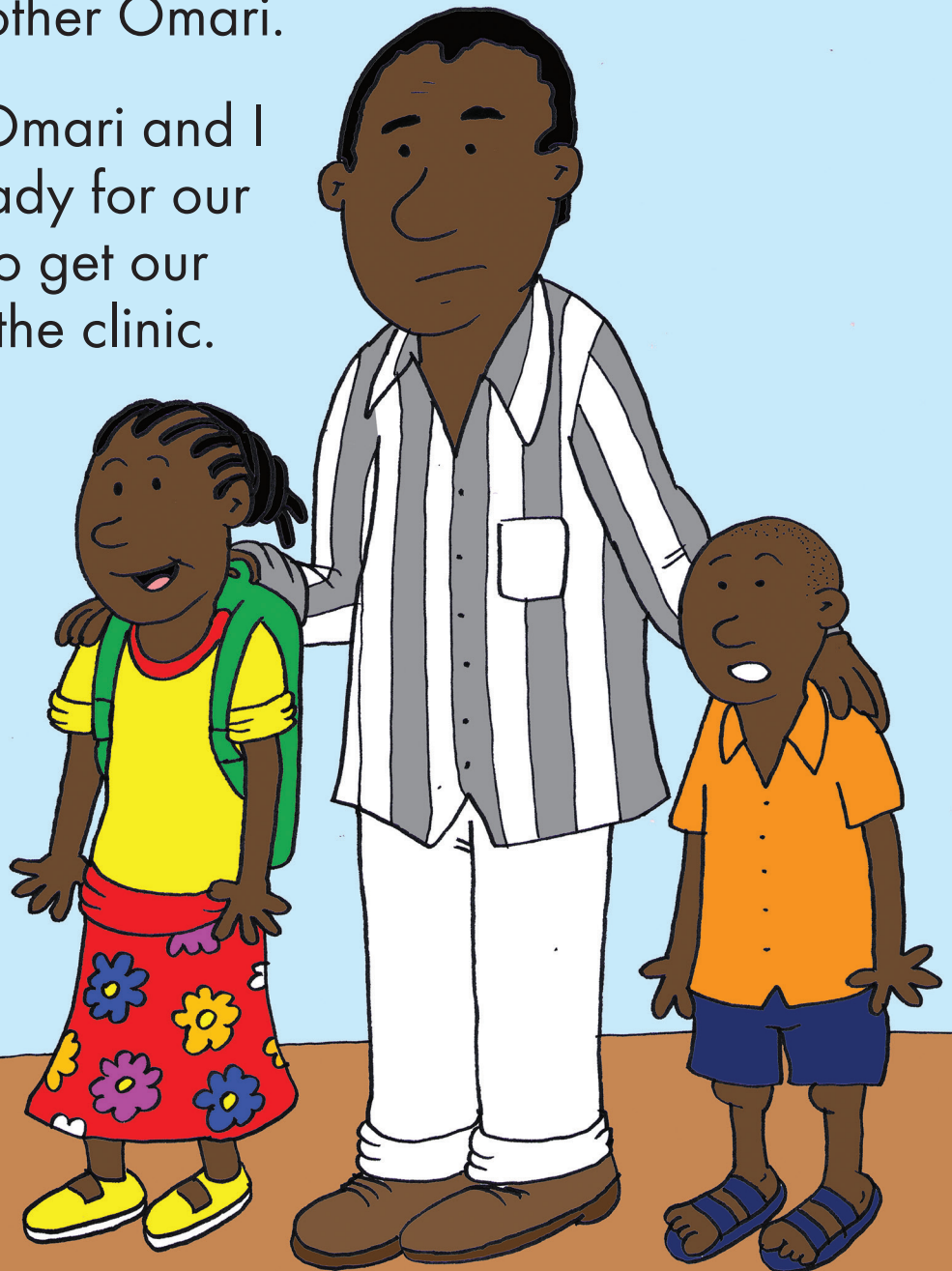
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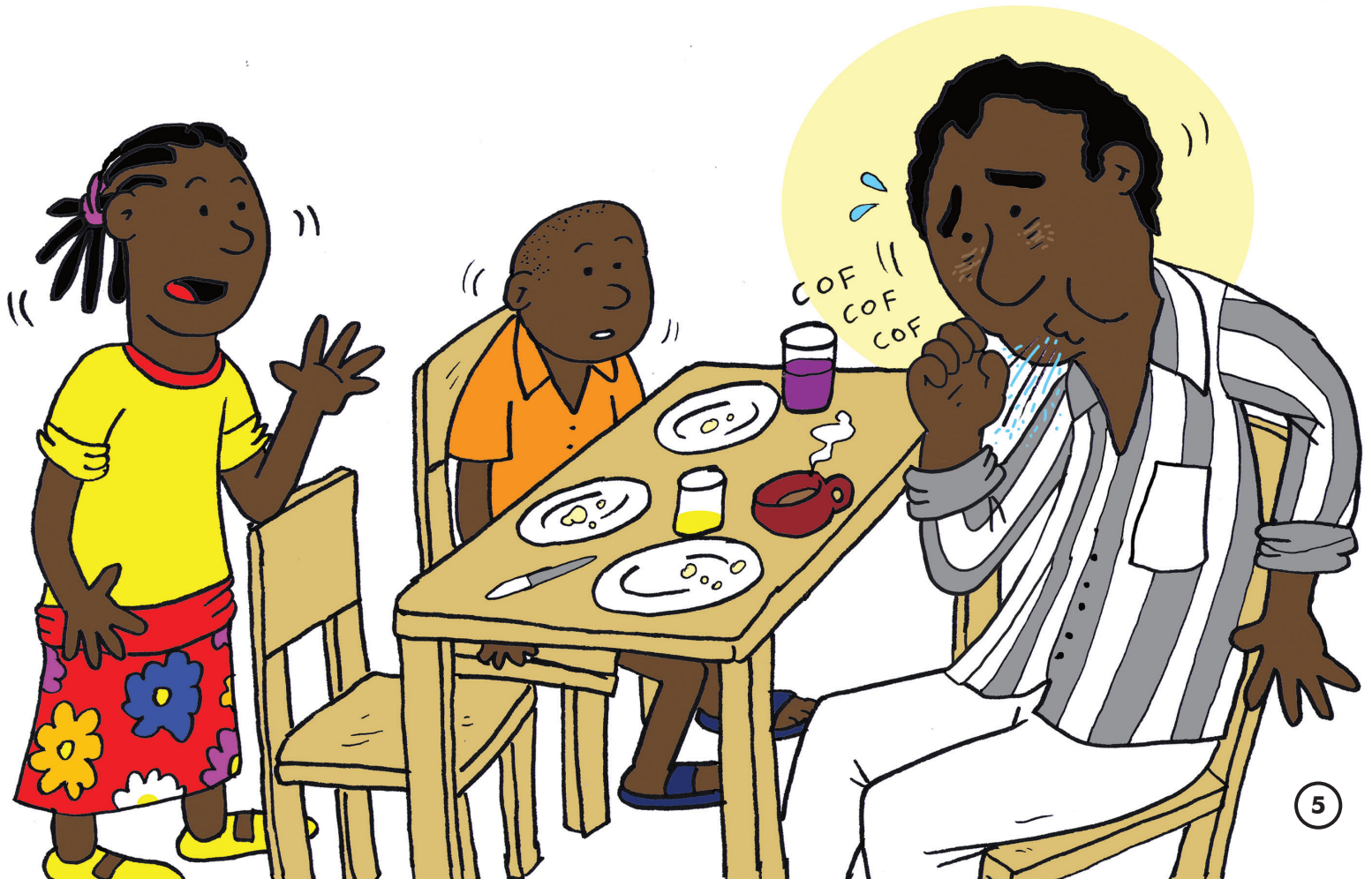
The Elsevier Foundation and the World Patients Alliance joined forces to launch an inspiring children's book series dedicated to patient safety. This initiative aims to boost the health literacy of school children by introducing them to fundamental concepts and principles of patient safety. By educating young readers, the series aspires to cultivate a generation that values and practices safer care. Moreover, as children share their newfound knowledge with their families, the initiative hopes to create a lasting positive impact on communities, empowering individuals to prioritize patient safety in their everyday lives.

Hi! I'm Nina! I live with my dad and my brother Omari.

One morning, Omari and I were getting ready for our dad to take us to get our vaccinations at the clinic. But Dad looked tired and was coughing.



- Are you okay, Dad?
- I didn't sleep well last night. I think I have a cold.
- Don't worry, Dad. When we go to the clinic for our injections, we can ask them to give you one, too! Let me get my bag and we are ready to go!



As I walked into the room to grab my bag, I was startled by a sudden flash of green light. A mysterious figure appeared right in front of me!

- Hello, Nina. I'm Doctor Safety. I know you are worried about your dad and I'm here to help.
- Oh, thank you, Doctor Safety! He needs an injection.
- Oh Nina, this is a very common thought! However, an injection is not the answer.



– The injections you are taking at the clinic are called vaccines. When we get vaccinated, we receive a tiny, harmless piece of a germ that teaches our body how to fight that germ if it ever comes around again. This way, vaccines help our bodies' defences, keeping us healthy and strong.



– Pills and injections are both ways to take medicine, but they are different. You can swallow pills with water. They go into your stomach and your body slowly takes in the medicine.

Injectons put the medicine directly into your body through a needle. We use injections when we need medicine to work very fast or when it can't be taken by mouth; for example, a vaccine to keep you from getting the measles.



- The doctor or nurse will clean your skin first and will always use a fresh, clean needle and syringe. These are very important steps to keep you safe from infection!

The doctor will know the best way to help your dad feel better. Sometimes it's pills, sometimes it's an injection, sometimes you just have to give your body time to heal on its own.



I felt relieved.

– Thank you, Doctor Safety!
At the clinic we will ask the doctor
to talk to Dad and see what
he needs to feel better.



Suddenly, a green glow surrounded me and a shiny badge appeared on my shirt.

– This is an Injection Safety badge, Nina. Welcome to the Safety League! Teach others what you know and stay safe!



And just like that, Doctor Safety disappeared.



I grabbed my bag and we all headed to the clinic.

My little brother was nervous about getting vaccinated.

- Remember, Omari, vaccinations keep us healthy.
- But... what if it hurts?
- It's just a tiny pinch. Then it's over, and it helps us stay well!



The nurse carefully checked my full name and date of birth, as well as the label on the vaccine vial, to ensure she was vaccinating the right person with the right vaccine. She washed her hands and used a new, clean needle and syringe.

- See? It was easy!

Omari took a deep breath and squeezed my hand. The nurse took out a new vial for him. She checked his name and date of birth, checked the label on the vial, washed her hands, and used a new needle and syringe for him too. She gave him a quick pinch.

- That's it?

- That's it!



It was time for the doctor to see our dad.
After examining him, the doctor said:

– You have a cold. You do not need an injection, and I don't think pills will help you, either. Antibiotic pills that we give to kill bacteria don't work for a cold, because the cold is caused by a different type of germ, called a virus. Just drink a lot of water and get plenty of rest. Your cold should go away in a few days.



As we left the clinic,
I said to my dad:

- I am glad that Omari
and I have learned
how our vaccinations
keep us safe and why
you will be better soon
without needing any
medicine. Doctor Safety
has helped us all!



I'm very proud
of you, Nina,
for calming Omari
down when he
was scared.

You are the
best big sister
anyone could have!



And that was how I learned about injections!
You can help others too by sharing your knowledge.

Let's do this!

