

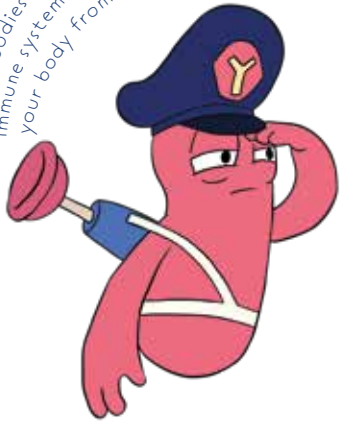
ARE YOU WORRIED ABOUT NEEDLES? IGI IS HERE TO HELP



In this booklet, your friend IGI answers some questions you might have about the needles used for your primary immunodeficiency (PID) treatment.

Remember, if you have any questions, talk to your doctor or nurse.

Antibodies are part of a body's immune system that helps protect your body from bad bacteria



YOUR INFUSIONS OF ANTIBODIES HELP PROTECT YOUR BODY AGAINST INFECTIONS

When you have primary immunodeficiency (or PID), part of your immune system is missing or doesn't work very well. Your body may not have enough antibodies to protect it against bad bacteria and viruses.

When you have an infusion for your PID treatment, a needle is used to deliver antibodies into your body to help fight bad bacteria and help lower the number of infections you may get.

Needles can seem scary to some children and even adults. But it is very important that you have your infusions of antibodies, even if you feel good, to help your body protect itself from infections.

Bad bacteria and viruses can make you sick, but antibodies help to fight them



WHAT IS A FEAR OF NEEDLES?

A fear of needles (which some people call needle phobia) is when you are so worried about needles that you don't want to have your infusions.

A fear of needles is quite common - lots of other people have it too.

DID YOU KNOW?

Around 1 in every 10 people has a fear of needles.

HOW CAN A FEAR OF NEEDLES MAKE YOU FEEL?

If you have a fear of needles, seeing or thinking about needles and injections can make you feel quite unwell. Some people feel that their heart beats really fast, they get sweaty and shake, and they feel dizzy. Some people might even pass out.

If you feel this way when getting your infusions of antibodies, don't worry! Speaking about your fears with your doctor or nurse may help you feel less anxious or worried about getting needles.

HOW DO YOU FEEL ABOUT NEEDLES?

Meet Emily, Ben and Chloe. They all have PID, like you. Below they tell us how they feel about needles.

When you think of needles, are you more like Emily, Ben or Chloe?



EMILY SAYS

"Needles aren't the scariest things in the world. They're only little and the medicine they give me helps me feel better."



BEN SAYS

"I don't like needles that much. I worry about getting my infusions sometimes."



CHLOE SAYS

"I'm really scared of needles. Anytime I think about them it makes me feel bad. I even fainted at my last infusion. I sometimes try to avoid them."

IS IT POSSIBLE TO HAVE A PID TREATMENT WITH NO NEEDLES?

Unfortunately, not yet. All of the different types of infusions use needles to put the antibodies into your body to help you fight bad bacteria, so they are important to help lower the number of infections you may get.

IT'S GOOD TO TALK ABOUT IT

If you have a fear of needles, your infusions can be a scary experience. It is important that you tell your parents or caregivers, doctor or nurse that you are worried about needles. Once they know how you feel, they can help you feel better about your infusions.



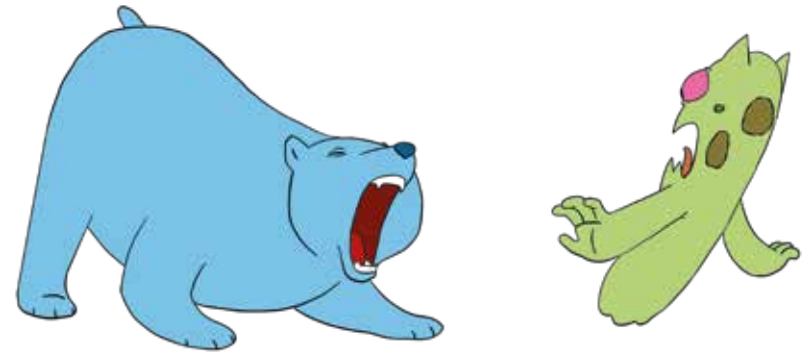
THINGS TO HELP YOU FEEL BETTER ABOUT NEEDLES DURING YOUR INFUSION

The next time you are having your infusion, try the following activities to see if they help you worry a bit less.



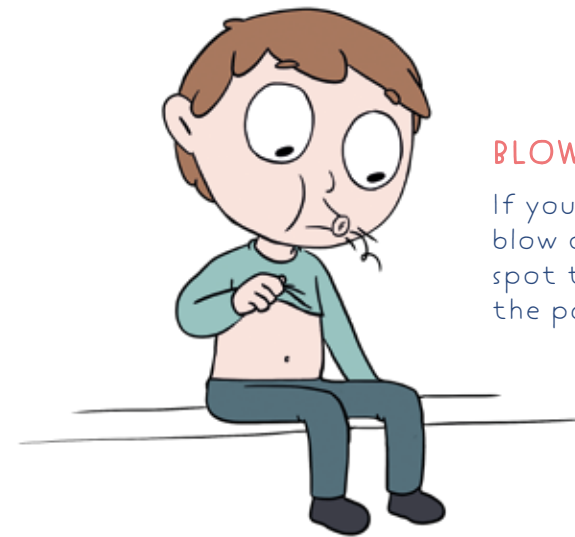
TAKE A DEEP BREATH

Put your hand on your tummy and take a long, slow breath in through your nose, right down into your belly. Then breathe out slowly through your mouth. Try repeating this 5 times.



GROWL LIKE A BEAR...

...meow like a cat or maybe even trumpet like an elephant. Any time you feel worried during your infusion, practice making your favourite animal noise.



BLOW THE PAIN AWAY

If you feel sore, gently blow on your infusion spot to blow some of the pain away.

Remember, needles and your infusions for PID can help your body fight bad bacteria and help to lower the number of infections that you may get.

Don't forget, if you have any questions, talk to your parents, caregivers, doctor or nurse.

Sources:

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