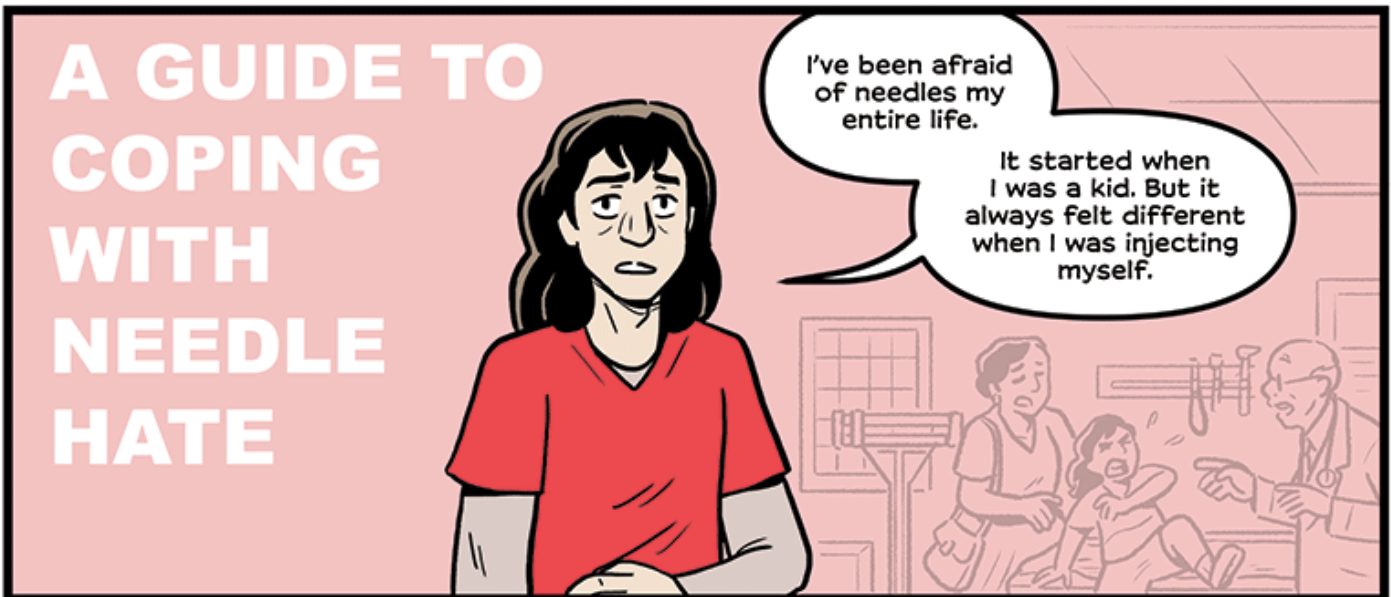
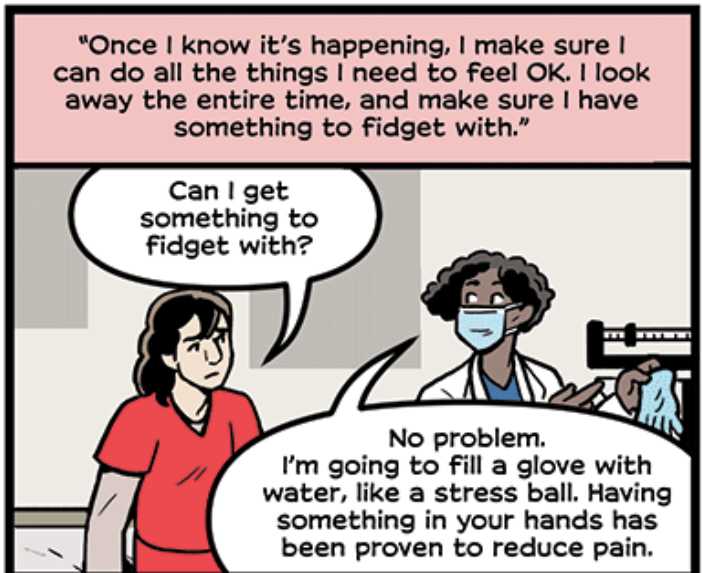
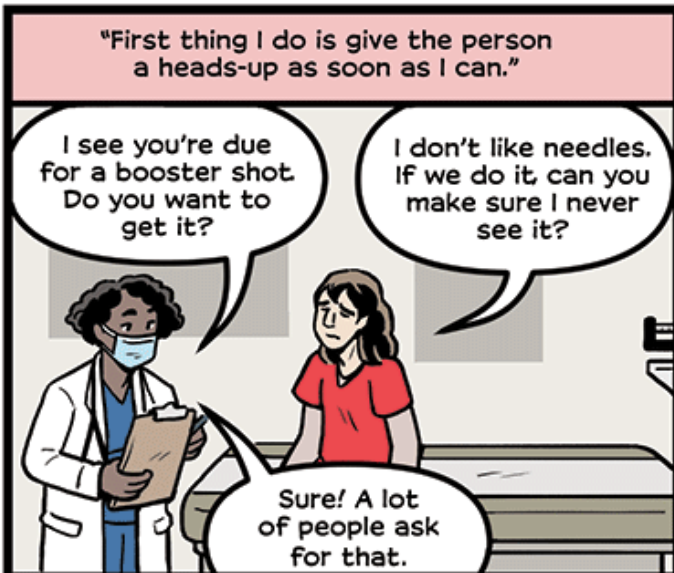


We asked people in custody about their reasons for not being vaccinated, and many said they are triggered by needles, or just really hate them. So we worked with people who have been incarcerated to come up with ways to cope with 'needle hate', and put them in this comic. We hope this helps you think about what would work best for you if you decide to get vaccinated.



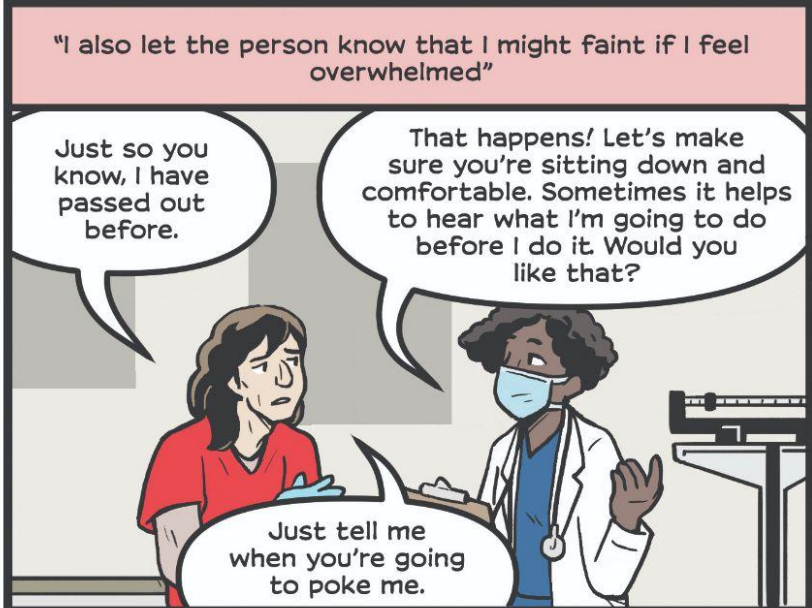
I've been afraid of needles my entire life.

It started when I was a kid. But it always felt different when I was injecting myself.





- 1 When I feel my heart race, I remember to take deep breaths.
- 2 If I start to panic, I focus on tensing and relaxing my legs, or the feeling of my feet on the floor
- 3 When my mind starts to doubt, I repeat affirmations like "I will get through this"



**Here is Where We Got Our Info**

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Illustrations by Josh Rosen. Script and scenario by the ADVANCE project team. The ADVANCE study engaged people who experience incarceration in the development of this comic

