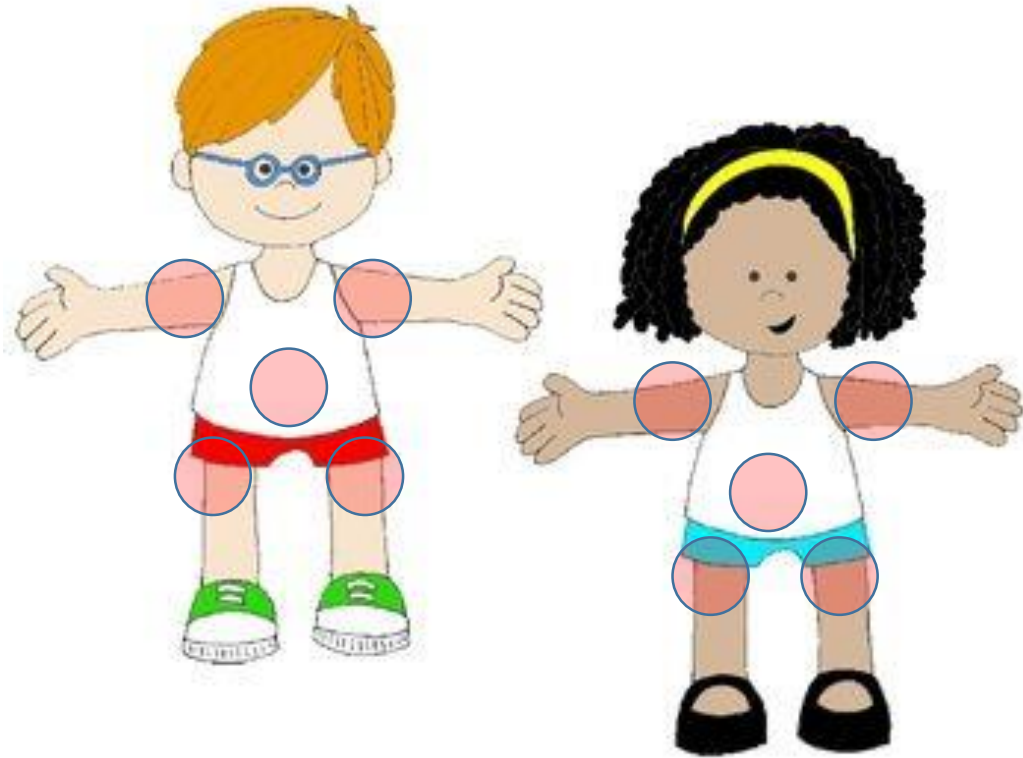


# Insulin Injection



I am getting an insulin shot.

Insulin helps my blood sugar from getting too high.  
If my blood sugar gets too high my body may start to feel bad and get sick.



First I will choose where I want my insulin shot to go.  
There are 5 different places on my body to choose from.



Next the person giving me my insulin shot will clean my skin off with a wipe. This may feel cold but that's ok because it is getting rid of germs that may be on my skin.



My insulin shot looks like this.

My shot may feel like a small pinch on my skin.  
That's OK! I can take a deep breath to stay calm.



The shot will keep it held against my skin for 10 seconds to make sure my body is getting all of the medicine.



Now my shot is done and I can choose a band aid if I want!

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)