



To the injection

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On this Thursday, we had our injection at school. We can avoid getting flu by taking flu vaccine. So there were three nurses in our school to help us to get a shot.

On that day, I was worried



about having the injection and the pain would be unthinkable. It is because the last time I had flu injection, there was some blood came out of my arm. My classmates were also afraid, so two classmates let me go first, I was more frightened than before. When it was my turn,

I was too frightened, so I forgot what class am I in. then the nurse gave me an injection. When I have injection, the nurse put the syringe deep in my arm for a long time. It was nearly eight second, so I felt very pain.

When I went home, I told dad and mum that next time, I want to have the injection in private clinic. It is because I can ask dad, mum, my two helpers, grandpa, grandma and my younger brother to go first, I will be the last. After injection, my mum will cheer me up with ice-cream, toys and candies.

By Dino Tsui

We should look after our health, e.g.

- λ Eating healthy food
- λ Don't eat too much junk food
- λ Do more exercise
- λ Keep ourselves from angry