

# Care After Immunization

## Adolescent/Adult

Name: \_\_\_\_\_ Date of Immunization (dd-Mon-yyyy): \_\_\_\_\_

You had the following vaccine(s) today:

INACTIVATED VACCINES	LIVE VACCINES
<input type="checkbox"/> dTap <input type="checkbox"/> dTap-IPV <input type="checkbox"/> Hib <input type="checkbox"/> hepatitis B (HBV) <input type="checkbox"/> herpes zoster (shingles) (Var-SI) <input type="checkbox"/> human papillomavirus (HPV-9) <input type="checkbox"/> influenza – inactivated (FLU) <input type="checkbox"/> meningococcal conjugate ACYW-135 (MenC-ACYW) <input type="checkbox"/> meningococcal B (Men-B) <input type="checkbox"/> pneumococcal conjugate (PNEU-C13) <input type="checkbox"/> pneumococcal polysaccharide (PNEUMO-P) <input type="checkbox"/> polio (IPV) <input type="checkbox"/> other _____	<input type="checkbox"/> MMR <input type="checkbox"/> VZ <input type="checkbox"/> other _____
	d diphtheria T tetanus ap acellular pertussis (whooping cough) IPV polio Hib <i>Haemophilus influenzae</i> type b Var-SI shingles inactivated MMR measles, mumps, rubella VZ varicella (chickenpox)

### Side Effects

#### Inactivated and live vaccines

Many people have no side effects from these vaccines. If you do have side effects, they tend to be mild and go away in a few days. Side effects may include:

- redness, warmth, swelling, bruising, itching, a rash, a hard spot, feeling stiff, numb, or sore, or a small lump where you had the needle
- feeling tired or unwell
- increased or decreased sleep
- getting upset easily
- a headache
- feeling dizzy
- a fever or chills
- body aches or sore joints
- not feeling hungry or not wanting to eat (poor appetite)
- feeling sick to your stomach (nausea), stomach pain, vomiting (throwing up), or loose stool (diarrhea)
- a sore throat, cough, runny nose
- swollen lymph nodes
- a rash

#### Live vaccines

In addition to the above side effects, the following may happen up to 6 weeks after getting live vaccines:

- **Vaccines that protect against MMR** – measles-like rash (a blotchy, red rash), rubella-like rash (rash with red, raised bumps).
- **Vaccines that protect against varicella (chickenpox)**– varicella-like rash (rash with water-filled blisters). If you get a rash that looks like varicella, keep it covered. If you cannot cover the rash, stay away from anyone who is pregnant, newborn babies, and people with weak immune systems. If you have more than 50 spots, call Health Link at 811.

It is rare to have a serious side effect after a vaccine. Call Health Link at 811 to report any serious or unusual side effects.

For more information about each vaccine, read the vaccine information on [ahs.ca/immunize](http://ahs.ca/immunize) or talk to your healthcare provider.

See reverse for more information

## What can I do to feel better?

- To help with soreness and swelling:
  - Put a cool, wet cloth over the area where you had the needle.
  - Move the arm or leg where you had the needle.
- If you have a fever, wear fewer layers of clothes and drink more fluids. For more information about fever, go to [MyHealth.Alberta.ca](https://myhealth.alberta.ca).
- There is medicine to help with a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take. Follow the directions on the package.
- People, especially those under the age of 18 years should **not** take aspirin for 6 weeks after getting a vaccine that protects against varicella (unless your doctor has told you to take it) because it can cause serious health problems.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you were told to do this, call your doctor even if you think the fever is from the vaccine.

## For more information about immunization



Call Health Link at **811**



Scan the QR code or go to [ahs.ca/immunize](https://ahs.ca/immunize)

An electronic copy of immunizations you have had in Alberta is available for those age 14 years and older by registering for a MyHealth Records account at [MyHealth.Alberta.ca/myhealthrecords](https://myhealth.alberta.ca/myhealthrecords).

For children who are under age 14 years, contact your local Public Health or Community Health Centre to get a copy of immunizations they have had in Alberta.

This material is for information purposes only. It should not be used in place of medical advice, instruction or treatment. If you have questions, talk to your doctor or appropriate healthcare provider.