

Care After Immunization: Adolescents and Adults

Name: _____ Date of Immunization: DD – Mon – YYYY

You had the following vaccine(s) today:

Inactivated Vaccines	Live Vaccines
☐ COVID-19	☐ MMR
☐ Hib	☐ VZ
☐ hepatitis B (HBV)	☐ other: _____
☐ herpes zoster (shingles) (Var-SI)	
☐ human papillomavirus (HPV-9)	
☐ influenza – inactivated (FLU)	
☐ meningococcal conjugate ACYW-135 (MenC-ACYW)	
☐ meningococcal B (Men-B)	
☐ pneumococcal conjugate 20 (PNEU-C20)	
☐ polio (IPV)	
☐ respiratory syncytial virus (RSV)	
☐ Tdap	
☐ Tdap-IPV	
☐ other: _____	

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 where you had the needle that may look red on lighter skin or purple on darker skin
 - warmth, swelling, bruising, bleeding, itching, a rash, feeling stiff, numb, or sore, or a hard spot or lump where you had the needle
 - feeling tired or unwell
 - sleeping more or less than usual
 - 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, or runny nose
 - swollen lymph nodes
 - swelling or feeling sore in your armpit or groin
 - a rash
 - an earache
 - red eyes
 - a reduced sense of touch or a feeling of numbness

See reverse for more information.

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). Rashes may look red on lighter skin or purple or hard to see on darker skin.
- **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 50 or more spots, **call Health Link at 811**.

Rare events after getting an mRNA COVID-19 vaccine

There have been very rare reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) after getting an mRNA COVID-19 vaccine. These rare events can cause shortness of breath, chest pain, or a very fast or abnormal heart rate. Get medical help right away if you have any of these symptoms.

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 primarycarealberta.ca/immunize or talk to your healthcare provider.

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 healthcare provider 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 healthcare provider has told you to take it) because it can cause serious health problems.
- Some people with health problems, such as a weakened immune system, must call their healthcare provider if they get a fever. If you were told to do this, call your healthcare provider even if you think the fever is from the vaccine.



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.

For more information about immunization



Call Health Link at **811**



Scan the QR code or go to primarycarealberta.ca/immunize

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