

Care After Immunization: Infant and Child

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

Your child had the following vaccine(s) today:

Inactivated Vaccines	Live Vaccines
☐ COVID-19	☐ MMR-Var
☐ DTaP-IPV-Hib-HB	☐ MMR
☐ DTaP-IPV-Hib	☐ rotavirus (Rot/Rot-5)
☐ hepatitis B (HBV)	☐ VZ
☐ human papillomavirus (HPV-9)	☐ other: _____
☐ influenza – inactivated (FLU)	
☐ meningococcal conjugate C (MenconC)	D or d diphtheria
☐ meningococcal conjugate ACYW-135 (MenC-ACYW)	T tetanus
☐ pneumococcal conjugate 15 (PNEU-C15)	aP or ap acellular pertussis (whooping cough)
☐ pneumococcal conjugate 20 (PNEU-C20)	IPV polio
☐ Tdap	Hib <i>Haemophilus influenzae</i> type b
☐ Tdap-IPV	HB hepatitis B
☐ other: _____	MMR measles, mumps, rubella
	VZ or Var varicella (chickenpox)

Side Effects

Inactivated and live vaccines

Many babies and children have no side effects from these vaccines. If your child does have side effects, they tend to be mild and go away in a few days. Side effects may include:

- redness where they 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 they had the needle
- crying, feeling tired or unwell, or getting upset easily
- having trouble sleeping, sleeping more or less than usual
- not feeling hungry or not wanting to eat (poor appetite)
- feeling sick to their stomach (nausea), stomach pain, vomiting (throwing up) or loose stool (diarrhea)
- reduced sense of touch or a feeling of numbness
- swelling or feeling sore in the armpit or groin
- swollen lymph nodes
- a sore throat, cough, or runny nose
- body aches or sore joints
- a headache
- feeling dizzy
- a fever or chills
- a rash
- feeling itchy
- an earache
- red eyes
- increased sweating

See reverse for more information.



Live vaccines

In addition to the above side effects, the following may happen up to 6 weeks after your child gets 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 your child gets a rash that looks like varicella, keep it covered. If you cannot cover the rash, your child needs to stay away from anyone who is pregnant, newborn babies, and people with weakened immune systems. If your child has 50 or more spots, **call Health Link at 811**.
- **Rotavirus vaccine** – There is a very low risk of intussusception after the rotavirus vaccine. Intussusception is when one part of the intestine slides into another part (like a telescope). This causes a blockage. If this happens, it is usually within 7 days after the first dose. The risk of intussusception is even lower after the second or third dose. If your child has severe stomach swelling or pain, vomiting that will not stop or keeps coming back, blood in their stool, or a high fever, **seek medical care right away**. This could be intussusception. The vaccine virus may be in your baby's poop for up to 10 days after they get the vaccine. Wash your hands carefully after changing diapers and before touching food. The risk of spreading the virus after getting the vaccine is highest around day 7, but this is not common. Anyone with a weak immune system should not change your child's diapers for 10 days after your child had the rotavirus vaccine (if this is possible).

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 help my child feel better?

- Hold, cuddle, and comfort younger children.
- To help with soreness and swelling:
 - ▶ Put a cool, wet cloth over the area where your child had the needle.
 - ▶ Encourage your child to move the arm or leg where they had the needle.
- If your child has a fever, they should 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 give. Follow the directions on the package.
- Children 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 child's healthcare provider even if you think the fever is from the vaccine.



To get a copy of immunizations your child has had in Alberta, contact your local Public Health or Community Health Centre.

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.

