

# Influenza Client Immunization Record and Care After Immunization

Keep this document as your personal immunization record.

| Immunization Record  |  |                |
|--|--|----------------|
| Last Name  | First Name   | Middle Initial |
| Date of Birth (dd-Mon-yyyy)  | Date of Influenza Immunization (dd-Mon-yyyy)   |                |
| <b>For children who need 2 doses of Influenza vaccine:</b><br><br>Next dose is due on or after _____   | Dose <input type="checkbox"/> Annual <input type="checkbox"/> 1 of 2 <input type="checkbox"/> 2 of 2   |                |
|  | <b>Vaccine (Manufacturer)</b><br><input type="checkbox"/> Fluzone Quadrivalent (Sanofi Pasteur)<br><input type="checkbox"/> FluLaval Tetra (GlaxoSmithKline)<br><input type="checkbox"/> Fluzone High-Dose Quadrivalent (Sanofi Pasteur)<br><input type="checkbox"/> Other _____ |                |
|  | <b>Lot Number</b> _____  |                |
| Care After Immunization  |  |                |
| <b>Side Effects</b><br>Many people have no side effects from the influenza vaccine. If you do have side effects, they tend to be mild and go away in a few days. Side effects may include: <ul style="list-style-type: none"> <li>• redness, swelling, bruising, a hard spot, or feeling sore where you had the needle</li> <li>• crying or getting upset easily</li> <li>• feeling tired or unwell</li> <li>• a headache</li> <li>• a fever or chills</li> <li>• body aches or sore joints</li> <li>• not feeling hungry or not wanting to eat (poor appetite)</li> <li>• feeling sick to your stomach (nausea), stomach pain, vomiting (throwing up), or loose stool (diarrhea)</li> </ul> |  |                |
| It is rare to have a serious side effect. Call Health Link at 811 to report any serious or unusual side effects. For more information about the influenza vaccine, read the influenza vaccine information sheet on <a href="http://www.ImmunizeAlberta.ca">www.ImmunizeAlberta.ca</a> or talk to your healthcare provider.   |  |                |

See reverse for more information

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.

## 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.
- Children under the age of 18 years should **not** take aspirin (unless your doctor has told you to take it) because it can cause serious health problems if taken within 6 weeks of a vaccine.
- Some people with health problems, such as a weak immune system, must call their doctor if they get a fever. If you have been 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 **ImmunizeAlberta.ca**



Scan the QR code or go to **MyHealth.Alberta.ca**

**Alberta Health Services (AHS), Alberta Precision Laboratories (APL), and Covenant Healthcare Workers:** Report your influenza immunization using the self-reporting form on Insite (AHS and APL) or CompassionNET (Covenant Health). Your influenza immunization status is used to plan, manage and allocate resources to protect patients, family and healthcare workers during the influenza season.

To get an electronic copy of most immunizations you have had in Alberta, register for a MyHealth Records account at [MyHealth.Alberta.ca/myhealthrecords](https://myhealth.alberta.ca/myhealthrecords).

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