Care After Immunization

**Influenza**

### Side Effects

Many people have no reaction to the influenza vaccine. If reactions happen, they are usually mild and go away in a few days. They may include:

- redness, swelling, and discomfort where the needle was given
- crying, feeling tired, or irritable
- headache or body aches
- fever or chills
- poor appetite, nausea, vomiting, stomach pain, or diarrhea

Unusual reactions can happen. Call Health Link at 811 to report any unusual reactions. If calling from outside of Alberta call 1-866-408-5465.

For more information about the influenza vaccine, read the influenza vaccine information sheet on immunizealberta.ca or talk to your healthcare provider.

### How to Help Yourself Feel Better

You can help yourself feel better by:

- placing a cool, wet cloth on the area where the needle was given
- moving the limb where the needle was given (to help the vaccine absorb)
- wearing fewer layers of clothing and drinking extra fluids if you have fever. For more information on fever, go to myhealth.alberta.ca.

If you need fever or pain medicine:

- Check with your pharmacist or doctor.
- **Do not** give ASA (Aspirin®) to anyone younger than 19 years old, because it can cause serious health problems.
- Before taking any medicine, read the package instructions to make sure you know about any warnings/precautions. Follow the dosage instructions on the bottle carefully.
- Some people with health problems (e.g. weak immune system) must call their doctor whenever they get a fever. If you have been told to do this, call your doctor—even if you think the fever was due to immunization.

### For More Information

- Call Health Link at 811
- Go to myhealth.alberta.ca
- Go to immunizealberta.ca
- Go to albertahealthservices.ca/influenza/influenza.aspx

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

### Immunization Record

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date of Birth (yyyy-Mon-dd):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Immunization</td>
<td></td>
</tr>
<tr>
<td>Influenza:</td>
<td></td>
</tr>
</tbody>
</table>

For children who need 2 doses of influenza vaccine, next dose due on or after: ________________________________

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