

Care After Immunization

Influenza

Side Effects

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:

- redness, swelling, bruising, or feeling sore where you had the needle
- crying, feeling tired, or getting upset easily
- headache
- 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, or loose stool (diarrhea)
- sore throat, cough, runny nose

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. If you are calling from outside of Alberta, call 1-866-408-5465.

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

How to Help Yourself 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.
- There is medicine to help with fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dosage to take. Follow the directions on the package.
- Children under the age of 18 years should **not** take aspirin 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 have been told to do this, call your doctor even if you think the fever is from the vaccine.

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 on Insite (AHS) or CompassionNET (Covenant Health). Your influenza immunization status is used to plan, manage and direct resources to protect patients, family and healthcare workers during the influenza season.

Immunization Record Keep this document as your personal immunization record

Name:

Date of Birth (yyyy-Mon-dd):

Date of Immunization

Influenza:

For children who need 2 doses of influenza vaccine, next dose is 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 questions, talk to your doctor or appropriate healthcare provider.