

Care After Immunization: Adolescents and Adults

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

You had the following vaccine(s) today:

Inactivated Vaccines	Live Vaccines																
<input type="checkbox"/> Tdap <input type="checkbox"/> Tdap-IPV <input type="checkbox"/> Hib <input type="checkbox"/> hepatitis B (HBV) <input type="checkbox"/> herpes zoster (shingles) (Var-SI) <input type="checkbox"/> human papillomavirus (HPV-9) <input type="checkbox"/> influenza – inactivated (FLU) <input type="checkbox"/> meningococcal conjugate ACYW-135 (MenC-ACYW) <input type="checkbox"/> meningococcal B (Men-B) <input type="checkbox"/> pneumococcal conjugate 20 (PNEU-C20) <input type="checkbox"/> polio (IPV) <input type="checkbox"/> respiratory syncytial virus (RSV) <input type="checkbox"/> other: _____	<input type="checkbox"/> MMR <input type="checkbox"/> VZ <input type="checkbox"/> other: _____ <table><tbody><tr><td>d</td><td>diphtheria</td></tr><tr><td>T</td><td>tetanus</td></tr><tr><td>ap</td><td>acellular pertussis (whooping cough)</td></tr><tr><td>IPV</td><td>polio</td></tr><tr><td>Hib</td><td><i>Haemophilus influenzae</i> type b</td></tr><tr><td>Var-SI</td><td>shingles inactivated</td></tr><tr><td>MMR</td><td>measles, mumps, rubella</td></tr><tr><td>VZ</td><td>varicella (chickenpox)</td></tr></tbody></table>	d	diphtheria	T	tetanus	ap	acellular pertussis (whooping cough)	IPV	polio	Hib	<i>Haemophilus influenzae</i> type b	Var-SI	shingles inactivated	MMR	measles, mumps, rubella	VZ	varicella (chickenpox)
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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, 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
- a rash
- an earache
- feeling itchy

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).
- **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**.

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

See reverse for more information.

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 weak 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 ahs.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 questions, talk to your doctor or appropriate healthcare provider.