Care After Immunization
Adolescent/Adult

Name: ___________________________ Date of Immunization (dd-Mon-yyyy): ______________

You had the following vaccine(s) today:

<table>
<thead>
<tr>
<th>INACTIVATED VACCINES</th>
<th>LIVE VACCINES</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ dTap</td>
<td>□ MMR</td>
</tr>
<tr>
<td>□ dTap-IPV</td>
<td>□ VZ</td>
</tr>
<tr>
<td>□ Hib</td>
<td>□ other ______</td>
</tr>
<tr>
<td>□ hepatitis B (HBV)</td>
<td></td>
</tr>
<tr>
<td>□ herpes zoster (shingles) (Var-SI)</td>
<td></td>
</tr>
<tr>
<td>□ human papillomavirus (HPV-9)</td>
<td></td>
</tr>
<tr>
<td>□ influenza – inactivated (FLU)</td>
<td></td>
</tr>
<tr>
<td>□ meningococcal conjugate ACYW-135 (MenC-ACYW)</td>
<td>d diphtheria</td>
</tr>
<tr>
<td>□ meningococcal B (Men-B)</td>
<td>T tetanus</td>
</tr>
<tr>
<td>□ pneumococcal conjugate (PNEU-C13)</td>
<td>ap acellular pertussis (whooping cough)</td>
</tr>
<tr>
<td>□ pneumococcal polysaccharide (PNEUMO-P)</td>
<td>IPV polio</td>
</tr>
<tr>
<td>□ polio (IPV)</td>
<td>□ Hib Haemophilus influenzae type b</td>
</tr>
<tr>
<td>□ other ______________</td>
<td>□ Var-SI shingles inactivated</td>
</tr>
<tr>
<td></td>
<td>□ MMR measles, mumps, rubella</td>
</tr>
<tr>
<td></td>
<td>□ VZ varicella (chickenpox)</td>
</tr>
</tbody>
</table>

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, itching, feeling stiff, numb, or sore, a rash, a hard spot, or a small lump where you had the needle
- feeling tired or unwell
- 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, runny nose
- swollen lymph nodes
- a rash

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-like rash (rash with water-filled blisters). If you get a rash that looks like chickenpox, 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 more than 50 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 sheets on www.ImmunizeAlberta.ca 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.
- 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 were 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

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.

For children who are under age 14 years, contact your local Public or Community Health Centre to get a copy of immunizations they have had in Alberta.

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.