

Keep this document as your personal immunization record

Pharmacy/Facility Name: \_\_\_\_\_

### Immunization Record

Last Name	First Name	Midde Initial
Date of Birth (DD-Mon-YYYY)	Date of Avian Influenza Immunization (DD-Mon-YYYY)	
<input type="checkbox"/> Next dose is due on, or after (DD-Mon-YYYY) _____	Dose <input type="checkbox"/> 1 of 2 <input type="checkbox"/> 2 of 2	
	Vaccine (Manufacturer) <input type="checkbox"/> Arepanrix (GlaxoSmithKline)	
	Lot Number	

### Care After Immunization

#### Side Effects

Many people have no side effects from the avian 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 where you had the needles that may look red on lighter skin or purple on darker skin
- swelling or feeling sore where you had the needle
- headache
- feeling tired or getting upset easily
- 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) or loose stool (diarrhea)
- sweating

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 avian influenza vaccine, read the avian influenza vaccine information on [ahs.ca/immunize](https://ahs.ca/immunize) or talk to your 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 healthcare provider if you are not sure what medicine or dose to take. Follow the directions on the package.
- 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.

See reverse for more information.



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](https://ahs.ca/immunize)

*This material is information provided as part of a specific client's treatment/procedure and is not intended for other uses; questions should be directed to a health care provider. Information is current as of date of print; see [ahs.ca/influenza](https://ahs.ca/influenza) where information about influenza vaccine is updated regularly.*