

COVID-19 Client Immunization Record and Care After Immunization

Keep this document as your personal immunization record

Immunization Record		
Last Name	First Name	Middle Initial
Date of Birth (<i>dd-Mon-yyyy</i>)	Date of COVID-19 Immunization (<i>dd-Mon-yyyy</i>)	
<input type="checkbox"/> Your next dose is due _____ <input type="checkbox"/> You are not due for another dose at this time. Visit alberta.ca/covid19-vaccine for up-to-date information about additional doses.	Dose <input type="checkbox"/> 1 <input type="checkbox"/> 2 (if needed) <input type="checkbox"/> 3 (if needed) <input type="checkbox"/> 4 (if needed)	
	Vaccine (Manufacturer) <input type="checkbox"/> SpikeVax XBB.1.5 (Moderna) <input type="checkbox"/> Comirnaty XBB.1.5 (Pfizer-BioNTech) <input type="checkbox"/> Nuvaxovid XBB.1.5 (Novavax)	
	Lot Number _____	

Care After Immunization

Common Side Effects

Many people have no side effects from COVID-19 vaccines. If you do have side effects, they tend to be mild and go away in a few days. Common side effects may include:

- redness, swelling, a hard spot, or feeling sore where you had the needle
- feeling tired, unwell, or have a headache
- a fever or chills
- body aches, sore joints
- feeling stiff
- pain in your arm, hand, leg, or foot
- feeling sick to your stomach (nausea), vomiting (throwing up), loose stool (diarrhea)
- swollen lymph nodes
- swelling or feeling sore in your armpit or groin
- feeling dizzy
- a reduced sense of touch or a feeling of numbness
- a rash or hives

Children age 5 years and younger may also get upset easily, be sleepy, cry, or may not want to eat.

Call Health Link at 811 to report any serious or unusual side effects. It is rare to have a serious side effect.

Rare events after getting an mRNA or protein-based COVID-19 vaccine

There have been very rare reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) in the first 7 days after getting an mRNA or protein-based COVID-19 vaccine. These rare events can cause shortness of breath, chest pain or pressure, or a very fast or abnormal heart rate. Get medical help **right away** if you have any of these symptoms.

For more information about the COVID-19 vaccines, read the COVID-19 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 doctor or pharmacist 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 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 ahs.ca/immunize

Go to [MyHealth.Alberta.ca/myhealthrecords](https://myhealth.alberta.ca/myhealthrecords) for your COVID-19 immunization record. You can also sign up for a MyHealthRecords account to get a list of most immunizations you have had in Alberta.

© 2024, Alberta Health Services, Communicable Disease Control, Province-wide Immunization Program



This copyright work is licensed under the [Creative Commons Attribution-NonCommercial-NoDerivative 4.0 International license](https://creativecommons.org/licenses/by-nc-nd/4.0/). To view a copy of this license, see <https://creativecommons.org/licenses/by-nc-nd/4.0/>. You are free to copy and distribute the work including in other media and formats for non-commercial purposes, as long as you attribute the work to Alberta Health Services, do not adapt the work, and abide by the other license terms. The license does not apply to AHS trademarks, logos or content for which Alberta Health Services is not the copyright owner.

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/covidvaccine and ahs.ca/covidimm where information about COVID-19 vaccines is updated regularly.