

# Care After Immunization

## Infant/Child

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Your child had the following vaccine(s) today:**

INACTIVATED VACCINES	LIVE VACCINES
<input type="checkbox"/> DTaP-IPV-Hib-HB <input type="checkbox"/> dTap-IPV <input type="checkbox"/> dTap <input type="checkbox"/> DTaP-IPV-Hib <input type="checkbox"/> hepatitis B (HBV) <input type="checkbox"/> human papillomavirus (HPV-9) <input type="checkbox"/> influenza – inactivated (FLU) <input type="checkbox"/> meningococcal conjugate C (MenconC) <input type="checkbox"/> meningococcal conjugate ACYW-135 (MenC-ACYW) <input type="checkbox"/> pneumococcal conjugate (PNEU-C13) <input type="checkbox"/> pneumococcal polysaccharide (PNEUMO-P) <input type="checkbox"/> other _____	<input type="checkbox"/> rotavirus (Rot/Rot-5) <input type="checkbox"/> MMR-Var <input type="checkbox"/> MMR <input type="checkbox"/> VZ <input type="checkbox"/> other _____
	D or d      diphtheria T            tetanus aP or ap    acellular pertussis (whooping cough) IPV          polio Hib <i>Haemophilus influenzae</i> type b HB          hepatitis B MMR        measles, mumps, rubella VZ or Var   varicella (chickenpox)

### Side Effects

#### Inactivated and Live Vaccines

Many babies and children have no side effects from these vaccines. If your child does 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, or a small lump where they had the needle
- crying, feeling tired, or getting upset easily
- a headache
- dizziness
- 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
- feeling itchy
- an earache

#### Live Vaccines

In addition to the above side effects, the following side effects may happen up to 6 weeks after your child gets the following 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 your child gets a rash that looks like chickenpox, keep it covered. If you cannot cover the rash, your child needs to stay away from anyone who is pregnant, newborn babies, and people with weak immune systems. If your child has more than 50 spots, call Health Link at 811.
- **Rotavirus vaccine** – rarely, your baby could have severe stomach swelling or pain, persistent vomiting (vomiting that will not stop or keeps coming back), blood in their stool, or high fever. If this happens, it is usually within 7 days after having rotavirus vaccine. Take your baby to a doctor immediately (right now) if this happens.

The vaccine virus may be in your baby's stool for up to 10 days after they get the vaccine. Wash your hands carefully after you change your baby's diapers and before you touch food. The risk of spreading the virus after immunization is highest around day 7, but this is not common. Anyone with a weak immune system should not change your baby's diapers for 10 days after they had the rotavirus vaccine (if this is possible).

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 [ImmunizeAlberta.ca](http://ImmunizeAlberta.ca) or talk to your healthcare provider.

See reverse for more information

## If your child has side effects that are the same as COVID-19 symptoms

If your child has side effects that are the same as [COVID-19 symptoms](#), they may have to stay home and away from others (isolate). Go to [myhealth.alberta.ca/immunization-and-covid19-faq](https://myhealth.alberta.ca/immunization-and-covid19-faq) for more information.

If your child only has side effects where they had the needle (local reaction), they do not need to stay home and away from others.

## What can I do to help my child feel better?

- Hold, cuddle, and comfort younger children.
- To help with soreness and swelling:
  - Put a cool, wet cloth over the area where your child had the needle.
  - Encourage your child to move the arm or leg where they had the needle.
- If your child has a fever, they should 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 give. 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 were told to do this, call your child's doctor even if you think the fever is from the vaccine.

## For More Information



Call Health Link at **811**



Go to **ImmunizeAlberta.ca**



Go to **MyHealth.Alberta.ca**

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.