Care After Immunization

Influenza

**Side Effects**
Many people have no reaction to the influenza vaccine. If reactions happen, they are usually mild and go away in a few days. They may include:

- redness, swelling, and discomfort where the needle was given
- crying, feeling tired, or irritable
- headache or body aches
- fever or chills
- poor appetite, nausea, vomiting, stomach pain, or diarrhea

Unusual reactions can happen. Call Health Link at 811 to report any unusual reactions. If calling from outside of Alberta call 1-866-408-5465.

For more information about the influenza vaccine, read the influenza vaccine information sheet on immunizealberta.ca or talk to your healthcare provider.

**How to Help Yourself Feel Better**
You can help yourself feel better by:

- placing a cool, wet cloth on the area where the needle was given
- moving the limb where the needle was given (to help the vaccine absorb)
- wearing fewer layers of clothing and drinking extra fluids if you have fever. For more information on fever, go to myhealth.alberta.ca.

If you need fever or pain medicine:

- Check with your pharmacist or doctor.
- Do not give ASA (Aspirin®) to anyone younger than 19 years old, because it can cause serious health problems.
- Before taking any medicine, read the package instructions to make sure you know about any warnings/precautions. Follow the dosage instructions on the bottle carefully.
- Some people with health problems (e.g. weak immune system) must call their doctor whenever they get a fever. If you have been told to do this, call your doctor—even if you think the fever was due to immunization.

**For More Information**

Call Health Link at 811
Go to myhealth.alberta.ca
Go to immunizealberta.ca
Go to albertahealthservices.ca/influenza/influenza.aspx

Alberta Health Services (AHS) and Covenant Healthcare Workers report your influenza immunization using the self-reporting form found on Insite (AHS) or CompassionNET (Covenant Health). Your influenza immunization status is used to appropriately plan, manage and allocate resources to protect patients, family and healthcare workers during the influenza season.

**Immunization Record**
Keep this document as your personal immunization record

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date of Birth (yyyy-Mon-dd):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Immunization</td>
<td></td>
</tr>
</tbody>
</table>

Influenza:

This material is for information purposes only. It should not be used in place of medical advice, instruction or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

This clinic was brough to you through the support of Student & Enrolment Services, the Student Wellness Services, and Staff Wellness. Space in MacEwarn Student Centre has been provided through a partnership with the Student's Union.