

Name: _____

Date of Birth (YY/MM/DD): _____

Health Card Number/First Nations Status Card Number: _____

COVID-19 Vaccine

Influenza Vaccine

Date (YYYY/MON/DD)	Lot Number	Site	Given by Name and professional designation

After receiving a vaccine, you should wait for at least 15 minutes before leaving the area and inform a health care provider if you feel unwell.

Side effects can develop in 1-2 days after receiving a vaccine and usually subside within a few days. Some side effects can be more noticeable than others. Common side effects include:

- Pain, tenderness, and swelling at the injection site (a cool damp cloth or wrapped ice pack may help relieve discomfort).
- Tiredness, headache, muscle/joint pain. Nausea, vomiting, diarrhea, fever, or chills (acetaminophen may help relieve pain and fever).
- Enlarged lymph nodes (swollen glands). Swelling could last for several days.
- Dizziness, decreased appetite, excessive sweating, itchy skin, rash.

Serious side effects are rare but can occur. Serious side effects include hives (bumps on the skin that are often very itchy), swelling of the face, tongue or throat, difficulty breathing, chest pain and/or abnormal heartbeat. Seek medical attention immediately if serious side effects occur and report serious side effects to _____.

For additional medical advice, speak to your primary care provider, or call 811.

Keep a copy of this documentation for your personal records.