



# Care After Getting a Vaccine

**Vaccines are safe and protect yourself and others from serious diseases. This sheet tells you what you can expect after you receive a vaccine. It talks about common side effects and how to manage them.**

## **Common side effects:**

- Low grade fever
- Muscle and joint pain
- Tiredness and headache
- Nausea, vomiting, diarrhea
- Pain, redness, swelling where the needle was given

## **Other side effects:**

- For infants: fussiness, crying, sleepiness, decreased appetite, fever
- After COVID-19 vaccines: swollen lymph nodes under the armpit
- After MMR and varicella vaccines: a rash occurring 1-2 weeks after immunization

## **Tips for managing side effects:**

- Move arm(s)/leg(s) where the needle(s) were given
- Apply a cool cloth or a wrapped icepack to the area
- For fever: rest, drink plenty of fluids and dress in light-weight clothing
- Over-the-counter medicines may help to reduce discomfort and fever. Always follow directions on medication labels. Do not give more than the recommended amount.
- Ibuprofen (e.g. Advil®) or acetaminophen (e.g. Tylenol®) can help to reduce discomfort and fever. Do not give ASA (e.g. Aspirin®) if under 18 years of age.

## **Serious side effects:**

- Hives
- Seizures
- High fever (above 40° C or 104° F)
- A fever not responding to medicines
- Swelling of the mouth, throat, lips, and/or tongue
- Difficulty breathing, wheezing or blue around the mouth
- For infants: difficulty waking, crying that is unusual for the infant, severe vomiting or diarrhea, swollen belly, blood in the stool

## **What to do:**

- If serious side effects occur, call 911 or go to your nearest emergency department
- Report any serious side effects to your healthcare provider or the Health Unit

## **For reporting serious side effects:**

Call Lakelands Public Health at **1-844-575-4567**

📞 Call 811 for non-urgent health information and advice.

🌐 Visit **LakelandsPH.ca** for more information.