

Influenza 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 Influenza Immunization (<i>dd-Mon-yyyy</i>)	
For children who need 2 doses of Influenza vaccine: Next dose is due on or after _____	Dose <input type="checkbox"/> Annual <input type="checkbox"/> 1 of 2 <input type="checkbox"/> 2 of 2	
	Vaccine (Manufacturer) <input type="checkbox"/> Fluzone Quadrivalent (Sanofi Pasteur) <input type="checkbox"/> FluLaval Tetra (GlaxoSmithKline) <input type="checkbox"/> Fluzone High-Dose Quadrivalent (Sanofi Pasteur) <input type="checkbox"/> Other _____	
	Lot Number _____	

Care After Immunization

Side Effects

Many people have no side effects from the influenza vaccine. If you do have side effects, they tend to be mild and go away in a few days. Side effects may include:

- redness, swelling, bruising, a hard spot, or feeling sore where you had the needle
- crying or getting upset easily
- feeling tired or unwell
- a headache
- 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)

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

For more information about the influenza vaccine, read the influenza vaccine information on [ahs.ca/immunize](https://www.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 have been 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

Alberta Health Services (AHS), Alberta Precision Laboratories (APL), and Covenant Healthcare Workers: Report your influenza immunization using the self-reporting form on Insite (AHS and APL) or CompassionNET (Covenant Health). If you work for more than one employer (AHS/APL and Covenant Health), please complete the Got My Flu shot form for each employer (and indicate each employer).

Do NOT complete the Got My Flu Shot form if you received your immunization at a WHS or OHS&W clinic or from a site champion.

Your influenza immunization status is used to plan, manage and allocate resources to protect patients, family and healthcare workers during the influenza season.

An electronic copy of immunizations you have had in Alberta is available for those age 14 years and older by registering for a MyHealth Records account at [MyHealth.Alberta.ca/myhealthrecords](https://myhealth.alberta.ca/myhealthrecords).

For children who are under age 14 years, contact your local Public Health or Community Health Centre to get a copy of immunizations they have had in Alberta.

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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/influenza where information about influenza vaccine is updated regularly.

September 1, 2023