

## What Adults Can Expect After Receiving Vaccines

Sometimes the vaccines that protect you from serious diseases may also cause some discomfort. Mild reactions to vaccinations do occur, but serious reactions are rare. The more common reactions are redness, fever, slight swelling and pain at the injection site.



Today's Date: \_\_\_\_\_

You have received the vaccines that are checked below:

Influenza: IIV3, IIV4 (IM or ID) "flu shot"	Hepatitis A: hep A
Pneumococcal Polysaccharide: PPSV23	Hepatitis B: hep B
Pneumococcal Conjugate: PCV13	Varicella: Var (chickenpox)
Tetanus/diphtheria: Td	Zoster: HZV (shingles)
Tetanus/diphtheria/pertussis: Tdap	Meningococcal Conjugate: MenACWY
Human Papillomavirus: 9vHPV	Meningococcal B: Men B
Measles/Mumps/Rubella: MMR	Other:

### Follow These Steps Below to Ease the Discomfort of Recent Vaccination:

- Apply a cold pack or cloth to the injection area for 5-10 minutes at a time
- Use or exercise the arm in which the vaccine was given - this will distribute the medication quickly and reduce soreness
- If you develop a fever greater than \_\_\_\_\_ do the following:
  - Take a fever-reducing medication as directed by your health care provider:  
\_\_\_\_\_
  - Drink plenty of fluids
  - Dress lightly

If you have other questions or are concerned about how you are feeling, don't hesitate to call your health care provider or the clinic where you received the vaccine.

Phone Number: \_\_\_\_\_

Your next vaccine(s) are due on or after: \_\_\_\_\_