

COVID-19 Vaccine After Care and IMMUNIZATION RECORD

Name of client: _____

Date of Birth (month/day/year): _____

Health card number / First Nations Status Card Number: _____

Record of COVID-19 Vaccine

- Pfizer-BioNTech
- Moderna
- AstraZeneca
- COVISHIELD
- Janssen

Dose	Date Month/day/year	Lot number	Site	Given By Name and professional designation
1				
2				

After you receive the vaccine, you should:

- Wait for at least 15 minutes and inform a health care provider at the clinic if you feel unwell.

Vaccine side effects can develop in the day or two after receiving the vaccine and will go away on their own. Some side effects may be more noticeable following the second dose of vaccine. The most common side effects include:

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

If you are experiencing any of the following symptoms in the 4-20 days after immunization, you should seek immediate medical attention or call 811 or 911 and inform the health care provider you recently received an AstraZeneca/COVISHIELD COVID-19 vaccination.

- Persistent and severe headache, seizures, blurred vision
- Focal neurological symptoms (Movement changes or sensation changes that affects specific functions, for example, weakness or loss of muscle control on the left or right side of the face, left or right arm, or even a small area such as the tongue. Problems with speech, vision, and hearing can also occur.)
- Shortness of breath
- Chest or abdominal pain

Serious side effects are rare but can include:

- Hives (bumps on the skin that are often very itchy)
- Swelling of the face, tongue or throat
- Difficulty breathing

Serious side effects after vaccination should be reported by calling: _____. This number is for reporting adverse events and not for medical advice. The Healthline can be reached at 811 if you have medical questions.

Things to remember:

- Return for your second dose of the vaccine to ensure long term protection from COVID-19
- Continue to follow the public health measures, wearing a mask, staying at least 2 metres from others and limiting social contacts.
- Wait 28 days after a dose of COVID-19 vaccine before receiving any other vaccines.
- As a precaution, avoid trying to get pregnant for at least 28 days after the second dose of the vaccine.
- Bring your immunization record with you for the second dose and report any side effects you experienced after the first dose.
- Keep this sheet or other immunization record in a safe place. You can also download the [CANImmunize](#) app to keep track of this and other vaccines.