

COVID-19 Vaccine After Care and IMMUNIZATION RECORD

Name of client: _____ Date of birth (YYYY/MON/DD): _____

Health card number / First Nations Status Card Number: _____

Record for COVID-19 Vaccine

- ☐ Pfizer-BioNTech Comirnaty
 ☐ Moderna Spikevax
 ☐ AstraZeneca Vaxzevria
 ☐ COVISHIELD
 ☐ Janssen
☐ Novavax Nuvaxovid
 ☐ Medicago Covifenz

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

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.

Seek immediate medical attention if you develop symptoms of myocarditis or pericarditis, which may include chest pain, shortness of breath, or the feeling of a fast, pounding or fluttering heartbeat.

Some rare reactions that have been found to occur from taking a viral vector vaccine (AstraZeneca/COVISHIELD and Janssen) are:

Seek medical care immediately if you develop these symptoms following immunization which could be associated with vaccine-induced immune thrombosis with thrombocytopenia (VITT, TTS):

- New severe headaches, worsening or persistent headaches; blurred vision, confusion or seizures
- Shortness of breath, chest pain, leg swelling, leg pain or persistent abdominal pain
- Unusual skin bruising or pinpoint round spots under the skin beyond the site of vaccination

Seek medical care immediately if you develop these symptoms following immunization which could be associated with capillary leak syndrome (CLS):

- Rapid swelling of the arms and legs, sudden weight gain, feeling faint

Seek medical care immediately if you develop these symptoms after vaccination that could be associated with Guillain-Barré Syndrome (GBS):

- Numbness, weakness or inability to move the muscles in the arms, legs, face, chest or other muscles.

Seek medical care immediately if you develop symptoms following immunization which could be associated with immune thrombocytopenia (ITP). ITP can result in low platelets (a part of the blood used for clotting). Symptoms can occur within four weeks of vaccination and include:

- Unexplained bleeding or bruising or small purplish pinpoint spots under the skin

Seek medical care immediately if you develop symptoms following immunization that could be associated with venous thromboembolism (VTE): VTE causes blood clots in the deep veins such as in the legs, arms or groin that can travel to the lungs. Symptoms include:

- Leg pain and/or swelling, stomach pain that lasts for a while, shortness of breath, chest 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, or 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:

- **Continue to follow the public health measures**, wearing a mask, staying at least 2 metres from others and limiting social contacts.
- **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 retrieve your official immunization record at Home - COVID-19** (gov.nl.ca)
- **Do not receive testing for tuberculosis (TB) until at least 28 days** after a COVID-19 vaccine (unless recommended by your health care provider).
- If possible, **wait at least two weeks after vaccination or completing your vaccination series before starting drugs that suppress your immune system**, as recommended by your healthcare provider.
- For children under 12 years of age: wait 14 days after a dose of COVID-19 vaccine before receiving any other vaccines
- Based on NACI recommendations, COVID-19 booster doses may be available for certain populations. Please review at <https://www.gov.nl.ca/covid-19/vaccine/gettheshot/> to see if you are eligible.
- You can also download the CANImmunize app at <https://www.canimmunize.ca/en/home> to keep track of this and other vaccine.

It is important to receive any COVID-19 vaccine dose that you are eligible for. To achieve optimal protection from COVID-19, you should also receive a booster dose when you are eligible. If you are between 5 and 29 years of age, your second dose should be booked at least eight weeks after your first dose. If you are 30 years of age and older, your second dose should be booked at least 28 days and up to four months after the first dose. If you are eligible for a first booster dose, you must **wait at least 22 weeks after completing your primary series**. If you are eligible for a **second** booster dose you must **wait at least 20 weeks after receiving your first booster dose**.

Eastern Health 1-833-951-3884 Central Health 1-833-961-3749 Western Health 1-833-703-5470 Labrador-Grenfell Health 1-833-960-3643