



Keep this document as your personal immunization record.

Immunization Record		
Last Name	First Name	Middle Initial
Date of Birth (dd-Mon-yyyy)	Date of COVID-19 Immunization (dd-Mon-yyyy)	
You need 2 doses of COVID-19 vaccine. Your next dose is due between _____ and _____.	Dose <input type="checkbox"/> 1 of 2 <input type="checkbox"/> 2 of 2 Vaccine (Manufacturer) <input type="checkbox"/> Pfizer/BioNTech <input type="checkbox"/> Moderna <input type="checkbox"/> Other _____	
	Care After Immunization	
Side Effects Many people have no side effects from the COVID-19 vaccine. If you do have side effects, they tend to be mild and go away in a few days. Side effects may include: <ul style="list-style-type: none"> ■ redness, swelling, or feeling sore where you had the needle ■ feeling tired ■ headache ■ fever or chills ■ body aches or sore joints ■ feeling sick to your stomach (nausea), vomiting, or loose stool (diarrhea) ■ swollen lymph nodes It is rare to have a serious side effect. Call Health Link at 811 to report any serious or unusual side effects. If you are calling from outside of Alberta, call 1-866-408-5465. If you have side effects that are the same as COVID-19 symptoms, you must stay home and away from others (isolate), even if you think the side effects are from the vaccine. <ul style="list-style-type: none"> ■ If the side effects go away within 48 hours, you do not have to keep isolating and you can go back to your normal activities. But if you have been told to isolate for other reasons, you must keep isolating. ■ If the side effects last longer than 48 hours, stay home. Contact Health Link at 811 or do the COVID-19 Self-Assessment for Albertans (ahs.ca/testing) to make an appointment for a COVID-19 test. If you do not get tested for COVID-19, you must stay at home for 10 days from the start of your symptoms or until you no longer have symptoms, whichever is longer. ■ If you only have redness, swelling, or soreness where you had the needle, you do not need to stay home and away from others. For more information about the COVID-19 vaccine, read the COVID-19 vaccine information sheet on www.ImmunizeAlberta.ca or talk to your healthcare provider.		

See reverse for more information

This material is for information purposes only. It should not be used in place of medical advice, instruction or treatment. If you have questions, talk to your doctor or appropriate healthcare provider.

How to Help Yourself 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 fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dosage to take. Follow the directions on the package.
- Children under the age of 18 years should not take aspirin because it can cause serious health problems.
- 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



Call Health Link at **811**



Go to **[MyHealth.Alberta.ca](https://myhealth.alberta.ca)**



Go to **[ImmunizeAlberta.ca](https://immunize.alberta.ca)**



Go to **ahs.ca/covidvaccine**

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