

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 most 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 ("flu shot")	Human Papillomavirus: 9vHPV
Tetanus/diphtheria: Td	Meningococcal Conjugate: MenACWY
Tetanus/diphtheria/pertussis: Tdap	Meningococcal B: MenB
Pneumococcal Polysaccharide: PPSV23	Measles/Mumps/Rubella: MMR
Pneumococcal Conjugate: PCV13	Varicella ("chickenpox"): Var
Recombinant Zoster Vaccine (Shingrix): RZV	Hepatitis A: HepA
Zoster Vaccine Live (Zostavax): ZVL	Hepatitis B: HepB
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(s).

Phone Number: _____

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