

What to expect after your vaccination

Please stay in the designated waiting area for at least 15 minutes (or as advised by the pharmacist) after receiving a vaccination to ensure your **Pharmasave pharmacist** can help you if you have an immediate adverse reaction.

What to do if you experience side effects

It is common to have some temporary reactions after receiving a vaccination. Temporary reactions may occur within minutes to hours after receiving your vaccination and usually don't last more than 24 to 48 hours. Here are some things you can do to feel better if you experience these common reactions.

	Apply an ice pack or a cool moist cloth to the area	Drink extra fluids (water, fruit juice, broths)	Take medication such as acetaminophen or ibuprofen to reduce pain*
Soreness, redness or swelling at the injection site	✓		
Headache, muscle aches and pains			✓
Fever and chills		✓	✓

* Speak to your Pharmasave pharmacist before taking or giving any medication. If you are pregnant, breastfeeding, taking medications or have medical conditions, please speak to your pharmacist first.

Aspirin® (ASA) is not recommended for children under 18 years of age. In particular, ASA should **not** be given to children, teenagers or young adults with chickenpox, influenza or flu-like illness.

Things to remember

- Some vaccinations require multiple doses. Speak to your pharmacist about when you are due for your next vaccination dose. You will be best protected when you have received all the recommended doses.
- It could take around 2 weeks to build immunity after your vaccination.

Call 911 or go to the nearest emergency facility if you experience any of the following symptoms

This could be a rare but severe reaction to the vaccination and is a medical emergency.

- Breathing problems, tightness in chest
- Hives, itchy rash
- Swelling of the face, lips, tongue or throat
- Wheezing and/or shock (fall in blood pressure)
- Loss of consciousness

If you experience any symptoms or side effects not listed here, contact your pharmacist or doctor immediately. If you have any questions about vaccinations, please speak with your Pharmasave pharmacist.