

Care after immunization: Adults

Learn what to expect over the next few days and how to manage side effects

Side effects you might have after some vaccines



Muscle and joint soreness



Tiredness and headache



Fever, chills, and shivering



After MMR and varicella vaccines: fever, rash, and other side effects may occur about 1-2 weeks after immunization



Nausea, vomiting, and diarrhea



Pain, redness, and swelling where the vaccine was given

For COVID-19 vaccines: can occur up to 7 days after



After COVID-19 vaccines: swollen lymph nodes under armpit

Most side effects are mild and go away after 1-2 days

For vaccine-specific side effects, read the HealthLinkBC Files at

immunizebc.ca/adults/vaccines-recommended

Click on the vaccine name to view the HealthLinkBC File.

See next page for:

Tips for side effects

Medicine safety tips

When to seek medical attention



Available in 简体中文 (Simplified Chinese), 繁體中文 (Traditional Chinese), فارسی (Farsi), 한국어 (Korean), ਪੰਜਾਬੀ (Punjabi), and other languages

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What can I do to feel better?



For pain and swelling where the vaccine was given:

- ✓ Apply a cool, wet cloth or wrapped ice pack over the area.
- ✓ Move your arm several times a day.
- ✓ Take over-the-counter medicine, such as ibuprofen (Advil®) or acetaminophen (Tylenol®).



For fever:

- ✓ Rest.
- ✓ Drink lots of fluids.
- ✓ Dress lightly.
- ✓ Take over-the-counter medicine, such as ibuprofen (Advil®) or acetaminophen (Tylenol®) to help bring down the fever and reduce discomfort.

Safety tips when using over-the-counter medicine

- ✓ Carefully read and follow all directions on the label. Do not take more than the recommended amount.
- ✓ If you are pregnant, do not take ibuprofen (Advil®). Use acetaminophen (Tylenol®) instead.

When to seek medical attention

Serious side effects after immunization are very rare. But if they do happen, it's important to act.

Seek medical attention right away if you have:

- ✓ Signs or symptoms of a severe allergic reaction (for example, hives, difficulty breathing, or swelling of the throat, tongue, or lips). If this happens after you leave the clinic, call 911 or your local emergency number.
- ✓ Received a COVID-19 vaccine and have chest pain, shortness of breath, or feeling of a fast-beating, fluttering, or pounding heart.
- ✓ Any other worrisome signs or symptoms.

Report any serious and/or unexpected side effects after immunization to your immunization provider/clinic or health care provider.



Find your immunization record at healthgateway.gov.bc.ca