



Keep this document as your personal immunization record.

| Immunization Record | | |
|--|--|--|
| Last Name | First Name | Middle Initial |
| Date of Birth <i>(dd-Mon-yyyy)</i> | | Date of COVID-19 Immunization <i>(dd-Mon-yyyy)</i> |
| <input type="checkbox"/> You need 2 doses of COVID-19 vaccine. Your next dose is due _____. <input type="checkbox"/> You are complete. | Dose <input type="checkbox"/> 1 of 1 <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"/> AstraZeneca/COVISHIELD <input type="checkbox"/> Janssen <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:

- redness, warmth, swelling, bruising, itching or feeling sore where you had the needle
- feeling tired or unwell
- headache
- fever or chills
- body aches or sore joints
- feeling sick to your stomach (nausea), vomiting (throwing up), or loose stool (diarrhea)
- swollen lymph nodes

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. It is rare to have a serious side effect.

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.

- If your side effects start within 24 hours and go away within 48 hours after the side effects start, you do not have to keep isolating and you can go back to your normal activities. But if you were told to isolate for other reasons, you must keep isolating.
- If your side effects start after 24 hours or last longer than 48 hours, stay home. Contact Health Link at 811 or use 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.

What can I do to 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 a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose 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 were told to do this, call your doctor even if you think the fever is from the vaccine.

If I had the COVID-19 vaccine, do I still have to follow public health measures?

Yes, it is still important to practice recommended public health measures to prevent the spread of COVID-19, even if you have had the vaccine. This includes:

- following guidelines of when to wear a mask or other equipment that helps protect you
- washing your hands often
- staying 2 meters away from others
- staying home when you are sick (this means isolating)
- staying home for 14 days after having close contact with someone who has COVID-19 or after returning from travel outside of Canada (this means quarantining)

Visit ahs.ca/covid for more information, including information about isolation and quarantine.

For More Information

Call Health Link at **811**



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



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



Go to **ahs.ca/covidvaccine**

Alberta Health Services (AHS), Alberta Precision Laboratories (APL) and Covenant Health Workers:
Report your COVID-19 immunization using the self-reporting form on Insite: insite.ahs.ca/covidshot

Your immunization status is used to plan, manage and allocate resources to protect patients, family and healthcare workers.

To get an electronic copy of the immunizations you have had in Alberta, register for a MyHealth Records account at [MyHealth.Alberta.ca/myhealthrecords](https://myhealth.alberta.ca/myhealthrecords)

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