

After Receiving Pandemic H1N1 Influenza Vaccine



- PLEASE WAIT IN THE CLINIC FOR 15 MINUTES AFTER RECEIVING THE NEEDLE
- PLEASE SEE A NURSE IN THE CLINIC IF YOU ARE NOT FEELING WELL

Allergic reactions to the pandemic H1N1 influenza vaccine are very rare. If a reaction to the vaccine should happen, it would usually occur shortly after the vaccine has been given. You must remain in the clinic area for 15 minutes after the needle is given. Please see a nurse at the clinic, your doctor or the nearest emergency room right away should you develop any of the following:

- Hives
- Swelling of the mouth or throat
- Trouble breathing, hoarseness or wheezing
- Any other unusual or serious condition

Seek medical attention from your health care provider or nearest emergency room immediately if any of these symptoms occur within three days after your vaccination.

When you get home you may experience one or more of the following common side effects:

- Pain, redness, or swelling at the injection site
- Tiredness, achy muscles and joints, and headaches
- Shivering or sweating
- Children may have a mild fever, be tired and irritable, and may not want to eat

You may apply a cold cloth or ice on the arm if you have pain, redness or swelling where the needle was given. Acetaminophen (i.e. Tylenol) can be taken for pain or fever. Be sure to follow the direction on the acetaminophen package or consult your health care provider or pharmacist.

The pandemic H1N1 influenza vaccine protects against the Pandemic H1N1 virus and will not protect you against the seasonal influenza. You will need both the Pandemic H1N1 influenza vaccine and seasonal vaccine to get as much protection from influenza as possible. The pandemic H1N1 influenza vaccine does not contain live virus. You cannot get influenza from the vaccine.

Note: Children between 6 months of age and three years, and children between 3 years and 9 years with chronic medical conditions currently require two doses of Pandemic H1N1 Influenza vaccine given at least 21 days apart. Please see your vaccination record for further details on when to receive the next dose. All other children are adequately protected with one dose of vaccine. As this may change in the future, please check our website at www.healthunit.org or call the Health Unit for more information.

If you have any questions please contact the Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853 or visit our website at www.healthunit.org.

Adapted from Middlesex-London Health Unit.