◼ Alberta Health Services

COVID-19 Client Immunization Record and Care After Immunization

Keep this document as your personal immunization record. JT 00223739

Immunization Record		
Last Name Valliure	First Name Joelle	Middle Initial
Date of Birth *(dd-Mon-yyyy)* ▓▓▓▓▓▓▓	Date of COVID-19 Immunization *(dd-Mon-yyyy)* 28 – April 2021	

☑ You need 2 doses of COVID-19 vaccine.

Your next dose is due 4-16 weeks

☐ **You are complete.**

Dose ☐ 1 of 1 ☑ 1 of 2 ☐ 2 of 2
Vaccine (Manufacturer)
☑ Pfizer-BioNTech
☐ Moderna
☐ AstraZeneca/COVISHIELD
☐ Janssen
☐ 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
- a 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.

Rare events after getting the AstraZeneca/COVISHIELD vaccine

Between 4 and 28 days after getting the AstraZeneca/COVISHIELD vaccine, there have been very rare reports of blood clots, low levels of platelets (these help your blood to clot), and bleeding.

If you have any of the following symptoms, get medical help **right away**:

- shortness of breath
- chest pain
- leg swelling
- stomach pain that does not go away
- a severe headache that does not go away
- blurry vision
- bruising (other than where you had the needle)
- red or purple spots anywhere on your body
- bleeding (more easily than normal)

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.

If you have side effects that are the same as COVID-19 symptoms

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 they start, you do not have to keep isolating. 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.

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.
- 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**

Go to **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

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COVID-19 vaccines

Immunization protects you from disease. Get protected, get immunized.

- **Vaccines make your immune system stronger. They build antibodies to help prevent diseases.**
- **Immunization is safe. It is much safer to get immunized than to get this disease.**

What are COVID-19 vaccines?
COVID-19 vaccines protect against the SARS-CoV-2 virus (also known as COVID-19). COVID-19 is a new strain of coronavirus that has caused a worldwide pandemic. The virus causes an infection in the lungs and airways and is a type of respiratory illness. Go to ahs.ca/covid to learn more about COVID-19.

There are 2 types of COVID-19 vaccines approved in Canada.

mRNA vaccines
The Pfizer-BioNTech and Moderna vaccines are mRNA vaccines.

mRNA vaccines have messenger RNA (mRNA) that teaches your cells to make a protein (called a spike protein). This is a spike protein like the one that is on the surface of the virus that causes COVID-19. Because the protein is not normally found on your cells, it triggers your immune system to make antibodies against it. So if you come in contact with the real COVID-19 virus, these antibodies will be ready to protect you and fight the virus.

Learn more about COVID-19 mRNA vaccines at canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html

Viral vector-based vaccines
The AstraZeneca/COVISHIELD and Janssen vaccines are viral vector-based vaccines.

Viral vector-based vaccines use a harmless virus (that is not COVID-19) to carry information about the virus that causes COVID-19. This virus will not give you COVID-19. It shows your cells how to make a spike protein, like the one that is on the surface of the COVID-19 virus. This protein triggers your immune system to make antibodies against it. If you come in contact with the real COVID-19 virus, these antibodies will be ready to protect you and fight the virus.

Learn more about viral vector-based vaccines for COVID-19 at canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines.html

Who should get a COVID-19 vaccine?
You should get a COVID-19 vaccine if you are age 16 years and older. COVID-19 vaccines are free.

You are able to get the vaccine when it is your turn. Go to ahs.ca/covidvaccine to find out what type of COVID-19 vaccine you can get and when you can get it. Please check this page often as it is updated regularly.

Everyone is at risk of COVID-19. The vaccine is very important for people who are more likely to be in contact with the virus because of where they work or live. This includes healthcare providers and people who live in a care facility, such as a nursing home.

It is also important for people who have a high risk of complications from COVID-19 to get the vaccine. This includes people who:
- have health problems such as heart, lung, kidney, or liver problems, high blood pressure, or diabetes
- have a lot of extra weight
- are over the age of 60 years

If you are able to get the AstraZeneca/COVISHIELD vaccine, you can choose to have this vaccine now or wait for an mRNA COVID-19 vaccine.

Once you get your first dose of a COVID-19 vaccine, you will not be able to switch to another type of COVID-19 vaccine to complete your immunization.

How many doses do I need?
For the COVID-19 vaccines approved in Canada, you need 1 or 2 doses. The number of doses depends on the vaccine you get. If you get a vaccine that needs 2 doses your healthcare provider will let you know when you should get your second dose.

Visit alberta.ca/covid19-vaccine.aspx for more information.

How well do the COVID-19 vaccines work?
If you are healthy and get all the doses you need, the protection for COVID-19 is about:
- 95% for an mRNA vaccine
- 60% to 70% for a viral vector-based vaccine

Any COVID-19 vaccine you get will lower your risk of getting seriously ill from COVID-19. It will also lower your risk of needing to be in the hospital.

At this time, there is not enough information to know how long protection lasts or if you will need booster doses.

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.

Where can I get a COVID-19 vaccine?

Go to ahs.ca/covidvaccine to find out where and when you can get the COVID-19 vaccine.

Are there side effects from COVID-19 vaccines?

There can be side effects from COVID-19 vaccines, but 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
- a headache
- a fever or chills
- body aches or sore joints
- feeling sick to your stomach (nausea), vomiting (throwing up), or loose stool (diarrhea)
- swollen lymph nodes

It is important to stay at the clinic for 15 minutes after your vaccine. Some people may have a rare but serious allergic reaction called anaphylaxis. If anaphylaxis happens, you will get medicine to treat the symptoms.

It is rare to have a serious side effect after a vaccine. Call Health Link at 811 to report any serious or unusual side effects.

Rare events after getting the AstraZeneca/COVISHIELD vaccine

There have been very rare reports of blood clots, low levels of platelets (these help your blood to clot), and bleeding after getting the AstraZeneca/COVISHIELD vaccine.

These events happened 4 to 28 days after getting the vaccine. The risk of these events is about 1 case in 100,000 to 250,000 doses of the AstraZeneca/COVISHIELD vaccine.

COVID-19 continues to spread at a high rate in Alberta. Your risk of serious illness from COVID-19 is much higher than it is for developing a rare event after getting the AstraZeneca/COVISHIELD vaccine.

Go to COVID-19 vaccine – Frequently Asked Questions on ahs.ca/topics/Page17389.aspx for more information.

If you have any of the following symptoms, get medical help right away:

- shortness of breath
- chest pain
- leg swelling
- stomach pain that does not go away
- a severe headache that does not go away
- blurry vision
- bruising (other than where you had the needle)
- red or purple spots anywhere on your body
- bleeding (more easily than normal)

How can I manage side effects?

- To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle.
- 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 have been told to do this, call your doctor even if you think the fever is from the vaccine.

What if I had or am getting another type of vaccine?

Wait at least 28 days after you have a dose of the COVID-19 vaccine before you get another vaccine.

If you have had another vaccine, wait 14 days before you get a COVID-19 vaccine.

Who should not have a COVID-19 vaccine?

You may not be able to have a COVID-19 vaccine if you:

- have an allergy to any part of the vaccine
- had a severe (serious) or unusual side effect after this vaccine or one like it
- are under age 16 years
- have had another vaccine in the last 2 weeks

Check with your doctor or a public health nurse before you get the vaccine.

Be sure to talk to your doctor **before** you get a COVID-19 vaccine, if you:

- have a weak immune system (because of a medicine you take or a health problem)
- have an autoimmune disorder (like rheumatoid arthritis or lupus)
- are pregnant, breastfeeding, or planning to get pregnant in the next 28 days

There is not enough evidence to know if the vaccine is safe and protects against COVID-19 in these groups.

Always tell your healthcare provider if you have allergies or if you have had a side effect from a vaccine in the past.

For More Information

Call Health Link at **811**

Go to **ImmunizeAlberta.ca**

Go to **MyHealth.Alberta.ca**

Go to **ahs.ca/covidvaccine**