

## Influenza

### Side Effects

Many people have no side effects from the influenza vaccine. If you do have side effects, they tend to be mild and go away in a few days. Side effects may include:

- redness, swelling, bruising, or feeling sore where you had the needle
- crying, feeling tired, or getting upset easily
- headache
- fever or chills
- body aches or sore joints
- not feeling hungry or not wanting to eat (poor appetite)
- feeling sick to your stomach (nausea), stomach pain, vomiting, or loose stool (diarrhea)
- sore throat, cough, runny nose

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. If you are calling from outside of Alberta, call 1-866-408-5465.

### COVID-19 related instructions:

Reactions that can occur after the vaccine are similar to the symptoms of COVID-19

- If you develop the above symptoms, you should stay home.
- If your symptoms resolve within 48 hours after onset, you can return to normal activities, unless you have been instructed to quarantine or isolate for other reasons.
- If symptoms persist longer than 48 hours and are not related to a pre-existing illness or health condition, you must continue to stay home, contact Health Link at 811 or complete the COVID-19 online self-assessment tool for testing.

For more information about the influenza vaccine, read the influenza vaccine information sheet on [www.ImmunizeAlberta.ca](http://www.ImmunizeAlberta.ca) or talk to your healthcare provider.

### How to Help Yourself 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](http://MyHealth.Alberta.ca).
- There is medicine to help with fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dosage 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.

### For More Information



Call Health Link at 811



Go to [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca)



Go to [ImmunizeAlberta.ca](http://ImmunizeAlberta.ca)



Go to [albertahealthservices.ca/influenza/influenza.aspx](http://albertahealthservices.ca/influenza/influenza.aspx)

**Alberta Health Services (AHS) and Covenant Healthcare Workers:** Report your influenza immunization using the self-reporting form on Insite (AHS) or CompassionNET (Covenant Health). Your influenza immunization status is used to plan, manage and direct resources to protect patients, family and healthcare workers during the influenza season.