



I Got the Flu Shot. Now What?

- Remain within the building for at least 15 minutes. The nurse or pharmacist needs to watch you to see how you react to the flu shot. It is most likely that you will be fine, but a very small number of people can have a reaction that the nurse or pharmacist will need to treat with a drug immediately.
- If you feel faint, short of breath, or experience chest tightness, inform the nurse or pharmacist.
- In extremely rare instances, an allergic reaction may occur. The nurse or pharmacist is prepared to handle this.

Possible Side Effects Following the Flu Shot

Common

- Sore arm
- Redness at the needle site

These are normal, don't worry.

Exercising the arm or applying a cold pack later in the day will minimize the discomfort. If necessary, take ibuprofen or acetaminophen to ease the pain.

Rare

- Fever
- Headache
- Tiredness
- Muscle soreness

Monitor. Just in case.

Symptoms may start 6–12 hours after the flu shot. If any of these symptoms do not go away in 1–2 days or get worse, see your doctor.

Extremely Rare

- Shortness of breath
- Tightness in chest
- Feeling of faintness or weakness
- Swelling of lips
- Hives

This is a medical emergency.

If any of these symptoms occur, you could be having a severe reaction to the vaccine. This is a medical emergency! Call for help or go to the nearest emergency clinic. Remember to report any reactions to your doctor.