

# What to expect after your flu shot

**Please stay in the pharmacy for at least 15 minutes** after getting your flu shot so your Live Well Pharmacist can observe and help you if you have an immediate, adverse reaction. Most people do not experience a reaction to flu vaccine and in those that do it is usually mild.

## What to do if you experience side effects

Some minor reactions may occur within 6 to 12 hours after receiving your flu shot and commonly disappear within 24 to 48 hours. Here are some things you can do if you experience these reactions.

	Use an ice pack or a cool moist cloth on the area	Drink extra fluids (water, fruit juice)	Take medication such as acetaminophen or ibuprofen to reduce pain*†
Soreness, redness or swelling at the injection site	✓		✓
Headache, muscle aches and pains			✓
Fever and chills		✓	✓

\* Aspirin® (ASA) is not recommended for children under 18 years of age. In particular, it should **not** be given to children, teenagers or young adults with chickenpox, influenza or flu-like illness, or for 4 weeks after receiving the flu vaccine.

† Speak to your Live Well Pharmacist before taking or giving any medication.

## Call 911 or go to the nearest emergency clinic if you experience any of the following symptoms

This could be a rare but severe reaction to flu vaccine and is a medical emergency.

- Breathing problems, tightness in chest
- Hives
- Swelling of the face, lips or throat
- Wheezing and/or shock (fall in blood pressure)

If you experience any symptoms or side effects not listed here, contact your pharmacist or doctor immediately. If you have questions about the vaccine that are specific to your medical condition, please speak to your Live Well Pharmacist.

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