



After your immunisation

Information for teenagers and adults
following immunisation

immunise

your best protection

How you may feel after the immunisation and what can help

Today you received ...

Name of vaccine: _____ left arm right arm

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Serious immunisation reactions are very rare. Some people can get reactions that are the body's normal response to immunisation. These usually go away after a day or so, and are set out in the table below:

What you may feel	What can help	When this could start
Swelling and pain at the injection site (hard and sore to touch) Heavy arm	Place a cold, wet cloth or ice pack where the injection was given. Leave it on for a short time Do not rub the injection site	Within 6–24 hours
Feeling unwell or tired A fever or aching muscles*	Rest and drink plenty of fluids Because paracetamol or ibuprofen can interfere with your immune response to a vaccine, only take them for relief of significant discomfort or high fever. Follow the manufacturer's instructions or seek advice from your healthcare professional	Within 6–24 hours
MMR vaccine only – a rash and fever (very rare)	No treatment is required. The rash is not infectious	Between 5 and 12 days after immunisation

*These symptoms may not be related to the vaccine, and could be signs of an unrelated illness. Seek medical advice if you are concerned.

If you have any concerns, talk to your family doctor or practice nurse, or call Healthline on 0800 611 116.

It is important to report any unexpected symptoms after immunisation to your family doctor or the practice nurse. If you are unsure about whether a symptom might be related to the vaccine, discuss this with your family doctor or the practice nurse.

Health professionals should report suspected reactions to the Centre for Adverse Reactions Monitoring (CARM). You can also report them by emailing CARM or using the online reporting form on the CARM website (otago.ac.nz/carm).

This resource is available from healthed.govt.nz or an Authorised Provider at your DHB.
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