



Today you received these immunization(s):

- _____ Hepatitis A (HepA)
- _____ Hepatitis B (HepB)
- _____ Human Papillomavirus (HPV)
- _____ Influenza
- _____ Measles-Mumps-Rubella (MMR)
- _____ Meningococcal
- _____ Group B Meningococcal
- _____ Pneumococcal
- _____ Polio
- _____ Tetanus-Diphtheria-Pertussis (Tdap)
- _____ Varicella
- _____ Other: _____

Your next booster is due:

CAUTION: If you received a live vaccine (measles-mumps-rubella, varicella, or live attenuated influenza vaccine), it is important to avoid becoming pregnant for 1 month after being immunized. Human papillomavirus (HPV) should NOT be given to a woman who is pregnant.

COMMON AND NORMAL RESPONSES TO IMMUNIZATION

Discomfort or pain at the injection site (where you received your shot) and fever may last for 24 to 48 hours. If these or other symptoms occur, you can do the following:

PROBLEM	WHAT TO DO	CALL YOUR HEALTHCARE PROVIDER IF:
Sore area where you had the injection (shot), redness, or swelling	Apply a cool damp cloth to the site of the vaccine for 20 minutes. Remove the compress for 20 minutes. Repeat as needed. https://www.cdc.gov/vaccines/parents/visit/before-during-after-shot , accessed 03/21)	Redness and swelling increase over a large area, despite cool compresses.
Fever and/or pain	Take ibuprofen (eg. Advil®, Motrin®) or acetaminophen (eg. Tylenol®); Check the medication container for the dosage based on your age and/or weight. If you are pregnant do not take ibuprofen. Do not take these medications if you are allergic to them!	Fever continues to be above 100°F despite treatment.
Prevent fainting after immunization	Sit or lie down for 15 minutes after getting the shot to prevent fainting.	

Keep in Mind These Six “S” Words for Health

SLEEP	STRESS	SAFETY	SEX	SUPPORT	SAY NO
Get plenty of sleep. Teens require at least 9 to 10 hours of sleep (more than the average adult needs).	Manage your stress. Exercise regularly. Find what you enjoy doing. Eat a balanced diet that limits sugar and caffeine intake.	Be safe. Wear a seatbelt, use a helmet, and use protective equipment when appropriate.	Choose wisely: Consider abstinence, prevention, protection, and birth control.	Nurture your support system of friends and family. Contact a friend, family member, or healthcare professional if you are having suicidal thoughts.	To drugs, alcohol, smoking, and vaping. These habits can only hurt you.

For more information about your health, talk with your healthcare professional!