**SAMPLE After Care Sheet**

**Novavax Nuvaxovid COVID-19 vaccine for those 12 years of age and older**

**What should I do right after receiving the vaccine?**

**Note: "you" refers to the individual being vaccinated**

* **Wait for at least 15 minutes** after receiving your vaccine. Longer waiting times of 30 minutes may be recommended if there is concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these events should they occur.
* **Immediately inform a health care provider** at the clinic if you feel unwell while waiting. Do not leave the clinic if you are feeling unwell.
* **Continue to follow the recommendations of local public health officials** to prevent the spread of COVID-19 while at the clinic.
* Use the **alcohol-based hand rub to clean your hands** before leaving the clinic.
* **Do not operate a vehicle** or other form of transportation for at least 15 to 30 minutes after being vaccinated (as advised by the health care provider) or if you are feeling unwell.

**What to expect in the next few days?**

* Side effects can develop in the few days after receiving the vaccine. Although most of these side effects are not serious, they may make you feel unwell for a few days; they will go away on their own.
  + The most common side effect is pain where the needle was given; swelling or redness where the needle was given may also occur. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
  + Other symptoms may include headache, nausea or vomiting, muscle pain, joint pain, tiredness, chills or fever.
  + If needed, pain or fever medication (such as acetaminophen) may help with pain or fever. Check with your health care provider or local public health department if you need advice about medication.
* Serious side effects after receiving the vaccine are rare. However, **should you develop any serious symptoms or symptoms that could be an allergic reaction, call 9-1-1 right away**. Symptoms of an allergic reaction include:
  + Difficulty breathing
  + Hives (bumps on the skin that are often very itchy)
  + Swelling of the face, tongue or throat
* **Seek medical care immediately if you develop symptoms that could indicate heart inflammation (myocarditis/pericarditis)**such as:
* Chest pain
* Shortness of breath
* Fast or irregular heartbeat
* Unusual sensations (such as numbness or tingling) have also been reported after vaccination.
* If you have any concerns about the symptoms you develop after receiving the vaccine, contact your health care provider or local public health department for advice. Any serious side effects after vaccination should be reported to your local public health department.
* If you need to receive additional doses of COVID-19 vaccines, tell the person providing the next dose about any side effects you experienced.

**When should the next dose of COVID-19 vaccine be given?**

* The National Advisory Committee on Immunization (NACI) has recommended that the best time to receive your second dose is 8 weeks after your first dose.
* If Novavax Nuvaxovid is being used for people who are moderately to severely immunocompromised and who are unable or unwilling to receive an mRNA vaccine, three doses may be offered in the initial series with each dose given 4 to 8 weeks apart. There is currently limited evidence on the use of the Novavax vaccine in this population. Talk with your health care provider or local public health department if receiving the Novavax Nuvaxovid vaccine.
* Novavax Nuvaxovid is authorized as a booster dose for those 18 years of age and over. For adults unable or unwilling to receive an mRNA vaccine, Novavax boosters can be given 6 months from the last dose in the initial series or 6 months from a previous booster dose. For those 5 to 17 years of age, an mRNA vaccine should be used if they are eligible for a booster dose.
* After a COVID-19 infection, NACI suggests waiting 8 weeks to start or complete the initial series (or 4 to 8 weeks for people who are immunocompromised) and 6 months to receive a booster dose.
* It is very important to stay up to date with all recommended COVID-19 vaccines. Your health care provider or local public health department can provide advice about recommended vaccine doses if you have questions.
* **Bring your immunization record with you** **for all vaccines** and tell the person providing the vaccine about any side effects you experienced after previous doses.

**Things to remember**

* **Continue to follow the recommendations of local public health officials** to prevent the spread of COVID-19.
* If possible, **wait at least two weeks after vaccination or completing your vaccination series before starting drugs that suppress your immune system**, as recommended by your healthcare provider.
* **Keep this sheet or other immunization record**in a safe place.

**Immunization record**

**Name of client:**

**Date of birth of client** (month/day/year)**:**

**Health card number / First Nations Status Card Number:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Dose #** | **Date**  Month/day/year | **Vaccine Name and Dose** | **Lot number** | **Site**  **Right / Left** | **Given by**  Name and professional designation |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |