

What to expect after your flu shot

Please stay in the designated waiting area for at least 15 minutes after getting your flu shot so your Pharmasave pharmacist can 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

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 to reduce pain†
Soreness, redness or swelling at the injection site	✓		
Headache, muscle aches and pains			✓
Fever and chills		✓	✓

† Speak to your Pharmasave pharmacist before taking or giving any medication.

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.

If you're still not feeling well after your flu shot and are unsure if you need to be tested for COVID-19, you can find online provincial self-assessment tools and many other helpful resources on [Pharmasave.com](https://www.pharmasave.com).

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 any questions about the flu vaccine, please speak with your Pharmasave pharmacist.