

After your immunisations during pregnancy



Don't want to take this fact sheet with you? Take a photo instead! It's important to keep this information handy.

Today you received	Where was it given	If not given today: reasons why, recommended date and how to book this vaccine
Boostrix vaccine	<input type="checkbox"/> Left arm <input type="checkbox"/> Right arm <input type="checkbox"/> N/A	
Flu vaccine	<input type="checkbox"/> Left arm <input type="checkbox"/> Right arm <input type="checkbox"/> N/A	
COVID-19 vaccine	<input type="checkbox"/> Left arm <input type="checkbox"/> Right arm <input type="checkbox"/> N/A	

As with any vaccine, you may experience some side effects. Most are mild, do not last long and happen in the first few days of having the vaccine.

How you may feel	What can help
Swelling and pain at the injection site (hard or 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
Tiredness Headache Muscle aches Nausea or vomiting Chills and/or fever	Rest and drink plenty of fluids Take paracetamol for pain, if needed or speak to your midwife or doctor

Rare side effects

Myocarditis and pericarditis

Myocarditis is inflammation of the heart muscle, and pericarditis is inflammation of the tissue forming a sac around the heart.

These conditions are usually caused by viral infections (including COVID-19), they are also rare and serious side effects of the Pfizer and Novavax COVID-19 vaccines.

Symptoms of myocarditis or pericarditis linked to the vaccine generally appear within a few days, and mostly within the first few weeks after having the vaccine. If you get any of these new symptoms after your vaccination, you should seek **medical help promptly**:

- tightness, heaviness, discomfort or pain in your chest or neck
- difficulty breathing or catching your breath
- feeling faint, dizzy or light-headed
- fluttering, racing or pounding heart, or feeling like it is 'skipping beats'

Non specific symptoms to look out for include:

- abdominal pain
- leg swelling
- coughing

If you feel any of these symptoms in the days or weeks after the vaccine, you should seek medical help.

Allergic reactions

A severe allergic reaction (anaphylaxis) is very rare but serious. This is the reason you will be asked to stay for up to 20 minutes after the vaccination. Vaccinators are trained to manage these reactions if they occur and have the equipment for this.

Reporting side effects

If you experience any side effects, you can report them to the Centre for Adverse Reactions Monitoring (CARM). Use the online form on the CARM website otago.ac.nz/carm



If you have any concerns about your symptoms after your vaccine, talk to your doctor, practice nurse, community pharmacist or call Healthline on **0800 611 116** anytime to get advice.

If you have immediate concerns about your safety, call **111** and let them know what vaccines you have received and that you are pregnant.

Other vaccines you can book now:

Ask your vaccinator how to book your next appointment

Learn more about immunisation during pregnancy at
immunise.health.nz/pregnancy