



- ◆ If you have a non-emergency question about your health after your shot, call your regional VHC (see front of card) or call 1-866-210-6469, Go to: <https://ASKVHC.wramc.amedd.army.mil>
- ◆ Do you have questions about vaccines?
- ◆ Are you having a vaccine related health problem?
- ◆ Do you have a patient experiencing a health problem after a vaccine?
- ◆ Do you need help reporting an adverse event? Call the VHC 1-866-210-6469 Go to: <https://ASKVHC.wramc.amedd.army.mil>

VHC

Vaccine Healthcare Centers Network

NOTES:

Remove this card, fold, and place in your wallet for future reference.

Shots-Vaccines you may have received today.

- ◆ If you would like to keep track of the vaccine(s) you received today, place a check mark in the check box next to the vaccine name. If you have a question about which vaccine(s) you received, ask the person who gave you the vaccine(s).

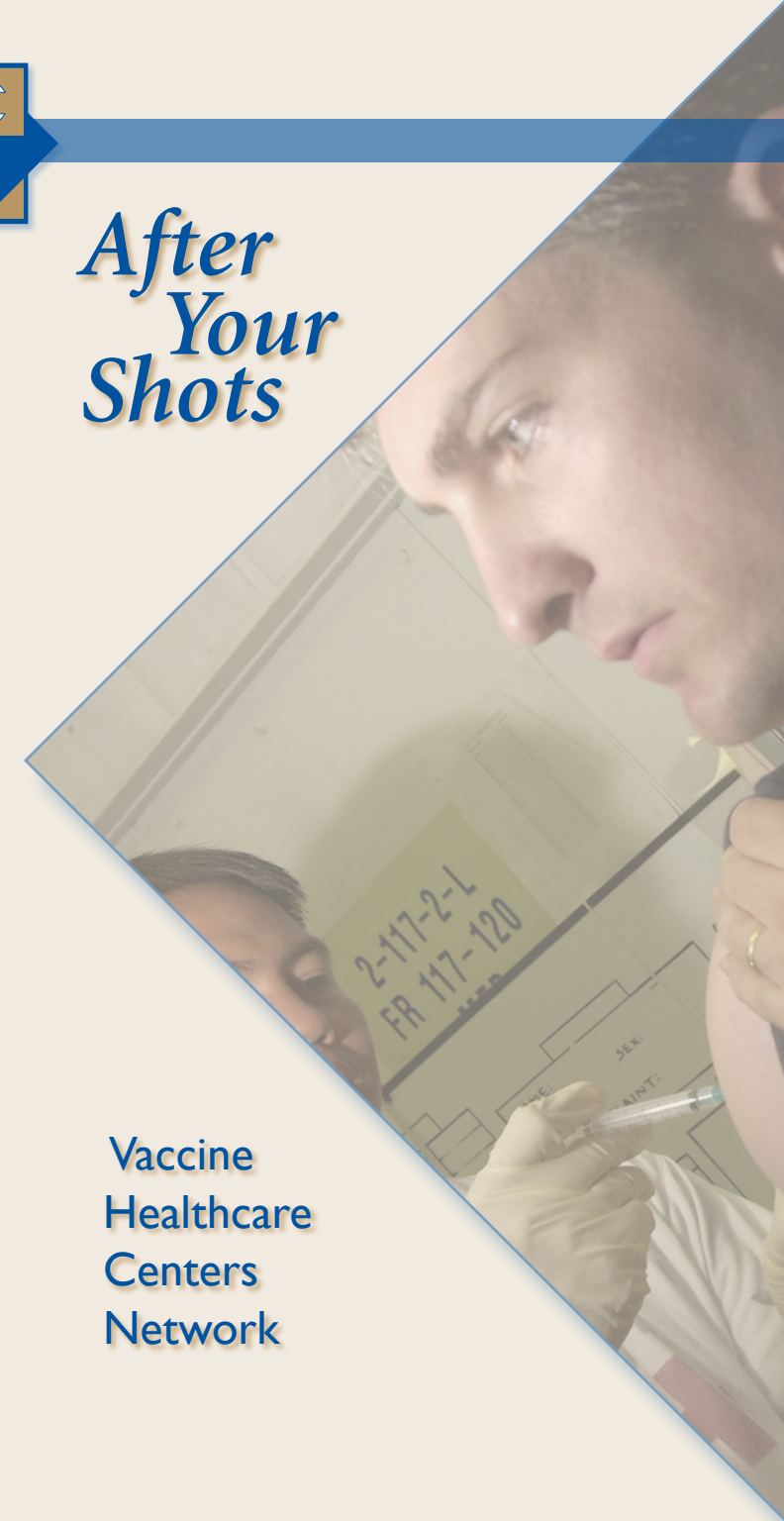
| Check | VACCINES |
|--------------------------|--|
| <input type="checkbox"/> | Anthrax |
| <input type="checkbox"/> | <i>Haemophilus influenzae</i> type B (Hib) |
| <input type="checkbox"/> | Hepatitis A |
| <input type="checkbox"/> | Hepatitis B |
| <input type="checkbox"/> | Combined Hepatitis A and Hepatitis B |
| <input type="checkbox"/> | Influenza, Intranasal |
| <input type="checkbox"/> | Influenza, Injected |
| <input type="checkbox"/> | Japanese Encephalitis |
| <input type="checkbox"/> | Measles, Mumps, and Rubella (MMR) |
| <input type="checkbox"/> | Meningococcal |
| <input type="checkbox"/> | Poliovirus |
| <input type="checkbox"/> | Rabies |
| <input type="checkbox"/> | Smallpox |
| <input type="checkbox"/> | Tetanus and Diphtheria (Td) |
| <input type="checkbox"/> | Tetanus, Diphtheria and Pertussis (Tdap) |
| <input type="checkbox"/> | Tuberculin Skin Test |
| <input type="checkbox"/> | Typhoid |
| <input type="checkbox"/> | Varicella (Chickenpox) |
| <input type="checkbox"/> | Yellow Fever |
| <input type="checkbox"/> | |
| <input type="checkbox"/> | |

VHC

Vaccine Healthcare Centers Network

After Your Shots

Vaccine Healthcare Centers Network



Q&A

◆ **Q: What are vaccines?**

Vaccines prepare the body to fight germs. Most vaccines are given as shots. Service members need vaccines to protect them against diseases while deployed or traveling.

◆ **Q: Where can I find information about vaccines?**

Your provider or immunization health care worker can give you a Vaccine Information Statement (VIS). Copies of the VIS are available on the Centers for Disease Control and Prevention's (CDC) website: <http://www.cdc.gov/nip/publications/vis/>. Additional vaccine information sheets developed by the Department of Defense (DOD) may be provided. Copies of DOD specific VIS are available at www.vaccines.mil.

Read the vaccine VIS before getting each shot. If you have any questions, ask the person giving you the vaccine.

◆ **Q: What are side effects?**

Side effects may occur after you receive your vaccine. Some people may have itching, burning, redness, or swelling at the shot site. Some may have a fever, headache, weakness, body aches, or joint pain. These effects go away on their own or with over-the-counter pain and fever reducers. Your health care provider can suggest the right action and/or medicine for you. Generally, side effects last only a few days and disappear with no treatment.

◆ **Q: What are adverse events?**

Adverse events are health problems that can occur after shots. They can be treated by a health care provider. VIS fact sheets list some (but not all) adverse events related to each shot (they may or may not be caused by the vaccines). Adverse events may need to be treated.



◆ **Q: What happens if I have an adverse event?**

Contact your health care provider right away if you have an adverse event. If it is an emergency, such as chest pain or shortness of breath, go to the closest hospital. Your health care provider will treat your health problem and create an action plan for future shots.

◆ **Q: What are contraindications?**

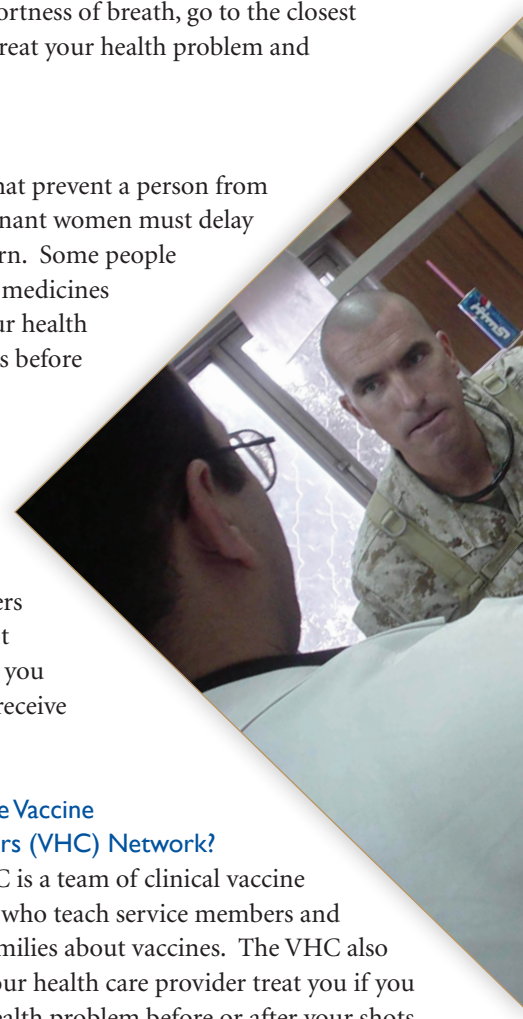
Contraindications are health problems that prevent a person from getting a certain shot. For example, pregnant women must delay some shots until after their babies are born. Some people who have certain diseases or take certain medicines should not get some shots. Talk with your health care provider about your health problems before you get shots.

◆ **Q: What are vaccine exemptions?**

Exemptions excuse some people who have contraindications from getting certain shots. Talk with the health care provider or the Vaccine Healthcare Centers Network staff if you think you should not receive a shot. They can help you to decide if you should not receive certain shots.

◆ **Q: What is the Vaccine Healthcare Centers (VHC) Network?**

The VHC is a team of clinical vaccine experts who teach service members and their families about vaccines. The VHC also helps your health care provider treat you if you have a health problem before or after your shots. The VHC can help you (1) file a Vaccine Adverse Event Report (VAERS), (2) document a medical exemption if needed, and (3) manage any ongoing medical problems including assistance with access to specialty care.



◆ **Q: Who can answer other questions?**

◆ Your health care provider can answer many questions about shots.

◆ The VHC Network is here to answer any questions and address any concerns that you may have. The 24-hour toll-free number is 1-866-210-6469 or go to: <https://ASKVHC.wramc.amedd.army.mil>

◆ **More vaccine information:**

- ◆ Centers for Disease Control and Prevention: www.cdc.gov/nip
- ◆ Military Vaccine Agency: www.vaccines.mil

◆ **To report an adverse event:**

- ◆ Vaccine Healthcare Centers Network: www.vhinfo.org
- ◆ Vaccine Adverse Event Reporting System: www.vaers.org

Vaccine Healthcare Centers Network

- ◆ WALTER REED REGIONAL VHC (Washington, D.C.)
202-782-0411
DSN: 662
- ◆ NMC PORTSMOUTH REGIONAL VHC (Virginia)
757-953-9150
DSN: 377
- ◆ WILFORD HALL REGIONAL VHC (Texas)
210-292-0482
DSN: 554
- ◆ FORT BRAGG REGIONAL VHC (North Carolina)
910-432-4015
DSN: 239

Side Effects

- ◆ **Mild and expected side effects:** You may have redness, itching, soreness, and swelling where the shot was given. You also may have a slight fever, chills, headache, tiredness, muscle and/or joint pain. **ACTION:** Ask your health care provider about taking a non-aspirin pain reliever. If these problems last for more than a few days or get worse, call your health care provider **RIGHT AWAY**.
- ◆ **More serious or unexpected side effects:** If you have chest pain, numbness (tingling or burning), ulcers (sores), blisters, skin rashes, large areas of redness or swelling. **ACTION:** Call your health care provider **RIGHT AWAY**.