



## Vaccine Healthcare Centers Network

VACCINE HEALTHCARE CENTERS NETWORK HEADQUARTERS (Silver Spring, MD) 301-295-7151

WALTER REED REGIONAL VHC (One Region - Two Sites) (Bethesda, MD) 301-319-2904, DSN: 295 (Ft. Belvoir, VA) 571-231-1406, DSN: 289

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

### More Vaccine Information:

Centers for Disease Control and Prevention: [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/)

Military Vaccine Agency: [www.vaccines.mil](http://www.vaccines.mil)

### To Report an Adverse Event:

Vaccine Healthcare Centers Network: [www.vhcinfo.org](http://www.vhcinfo.org)

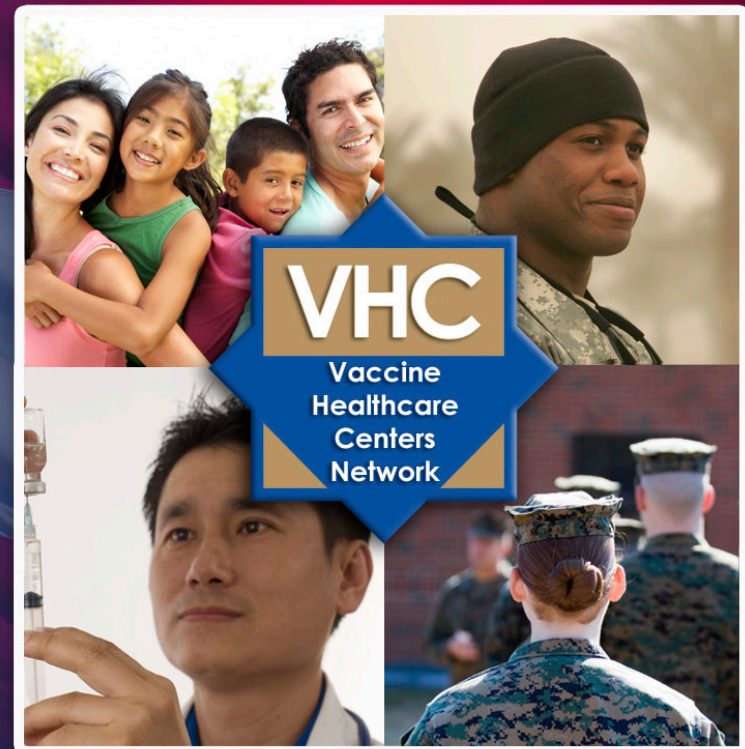
Vaccine Adverse Event Reporting System: <http://vaers.hhs.gov>

## Shots you may have received

If you would like to keep track of the vaccine(s) you received today, write the date 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).

	Adenovirus
	Anthrax
	Haemophilus influenzae type B (Hib)
	Hepatitis A
	Hepatitis B
	Combined Hepatitis A and Hepatitis B
	Human Papillomavirus (HPV)
	Influenza
	Japanese Encephalitis
	Measles, Mumps, and Rubella (MMR)
	Meningococcal
	Pneumococcal
	Poliovirus
	Rabies
	Shingles
	Smallpox
	Tetanus and Diphtheria (Td)
	Tetanus, Diphtheria, & Pertussis (Tdap)
	Tuberculin Skin Test
	Typhoid
	Varicella (Chickenpox)
	Yellow Fever

# After Your Shots



*A Guide to Your Recent Vaccinations*



## What is the Vaccine Healthcare Centers Network (VHCN)?

The VHCN is a team of medical doctors, nurse practitioners, health educators, nurses, researchers, administrators, and information technology specialists working together to improve the quality of immunization care throughout the Military Health System. If you have questions about your shots or experience any type of reaction after your shots, please call the Vaccine Healthcare Centers Network.



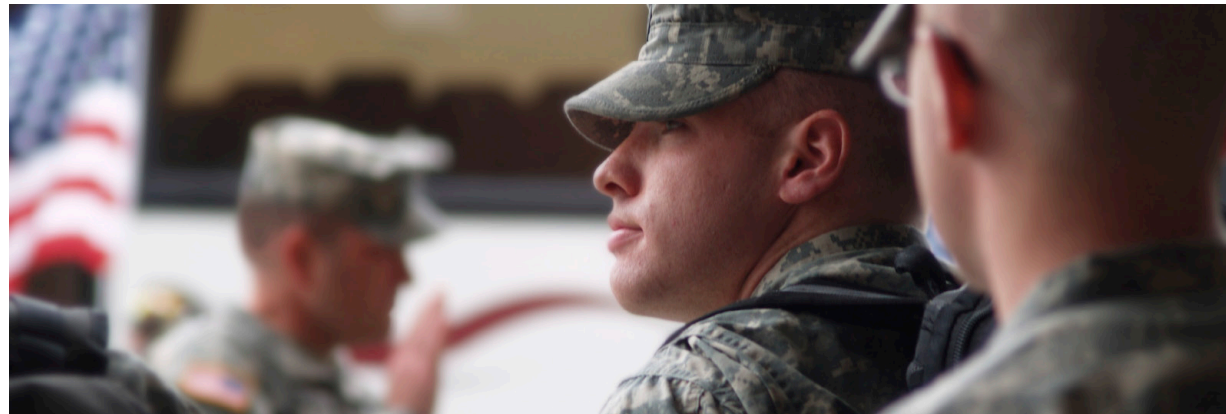
## What are adverse events and what happens if I have an adverse event?

After receiving your shots, you may experience some side effects or adverse events. Adverse events are health issues that can occur after shots. Contact your healthcare provider or the Vaccine Healthcare Centers Network right away if you have an adverse event. If it is an emergency, such as chest pain or shortness of breath, go to the nearest emergency room. The healthcare provider will treat your symptoms and create an action plan for future shots.



## What are Side Effects?

Side effects may also 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 within a few days or with over-the-counter pain and fever reducers. The healthcare provider can suggest the right action and/or medicine for you.

## What are contraindications?

Contraindications are health issues that prevent a person from getting a certain shot. Some people who have certain diseases or take certain medicines should not get some shots. Talk with your healthcare provider about your health problems before you get shots. Your healthcare provider or the Vaccine Healthcare Centers Network staff can help decide if you should not receive certain shots.

## The VHC Network offers services to what populations?

- Active duty military service members (Air Force, Army, Coast Guard, Marine Corps, Navy)
- Reservists/Guardsmen
- Military family members
- DoD employees/contractors who receive DoD mandated vaccines
- Retirees

## After Your Shots

### Side Effects

**Serious or unexplained:** If you are having **CHEST PAIN** or **SHORTNESS OF BREATH**, go to the nearest **EMERGENCY ROOM**.

Call your healthcare provider **RIGHT AWAY** if you have a serious or unexplained side effect, such as numbness (tingling or burning), ulcers (sores), blisters, skin rashes, or large areas of redness and swelling.

### Mild and expected:

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 healthcare provider about taking a non-aspirin pain reliever. If these problems last for more than a few days or get worse, call your healthcare provider **RIGHT AWAY**.

### Vaccine Related Questions

If you or your healthcare provider has a question about your health after your shot, call one of the Regional Vaccine Healthcare Centers (VHC) during normal business hours (7:30 - 4:30) or send a secure email to <https://ASKVHC.wramc.amedd.army.mil>. After hours, please call the toll-free DoD Call Center at 866-210-6469.