

Preventing and Reducing Vaccine Side Effects

WHAT ARE THE SIDE EFFECTS?

Most vaccines have some type of usually minor or mild side effects. While not everyone receiving a vaccination will have side effects, the most common ones are:

- redness or tenderness at the site of the injection
- mild body aches
- low grade fever

For most injections, these side effects will last for a few days. For others, such as the measles/mumps/rubella vaccines, the side effects may not occur until one or two weeks after you get your shot and will last for two to three days.

As with any drug or vaccine, there is the rare possibility that you may have an allergic reaction or a more serious reaction than those described above.

Some indicators of a more serious reaction include:

- difficulty breathing (coughing, tightness in the chest)
- skin rash or hives
- increased heart rate
- convulsions (seizures)

If you think you are having a reaction to an immunization and you are a current UT student, please call the UHS 24-Hour Nurse Advice Line at 475-NURSE as soon as possible; and if you are not a UT student, please contact your healthcare provider as soon as possible.

WHAT CAN I DO TO REDUCE SIDE EFFECTS?

The following simple steps can be followed to keep side effects at a minimum.

- Drink plenty of liquids during the two or three days after you get your shot. This means at least eight glasses of water or fruit juice a day. It is best to avoid alcoholic beverages during this time, because they may increase the severity of your side effects.

- You can participate in your regular activities, but if you are going to exercise or be out in the sun, it is especially important that you drink sufficient liquids.
- If you have body aches, pain where you received your shot, or fever, you can take over-the-counter pain and fever relievers such as Tylenol or drugs containing Ibuprofen (such as Motrin, Nuprin, Advil).
 - To decrease arm soreness it may be helpful to increase your arm activity for a couple of days after receiving your injection. This is particularly true for shots given in the muscle like the Tetanus/Diphtheria shot.

If you have any questions and you are a current UT student, please call the UHS 24-Hour Nurse Advice Line at 475-NURSE.

IMPORTANT UHS INFORMATION

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| UHS Information and Appointments | 471-4955 |
| UHS 24-Hour Nurse Advice Line | 475-NURSE |
| UHS Health Promotion Resource Center | 475-8252 |
| UHS Pharmacy | 471-1824 |
| UHS Web Site | www.utexas.edu/student/health |
| Student Health Insurance | 471-1040 |

UHS General Medicine Appointments*

8:30 a.m. - 5:30 p.m., Monday - Friday

UHS Urgent Care**

8 a.m. - 8 p.m., Monday - Friday

11:00 a.m. - 3:00 p.m., Saturday, Sunday and UT Holidays

UHS Pharmacy

8:00 a.m. - 6:00 p.m., Monday - Friday

11:00 a.m. - 3:00 p.m., Saturday and UT Holidays

UHS Health Promotion Resource Center

8:00 a.m. - 6:00 p.m., Monday - Friday

NOTE: Hours may change during semester breaks, summer and UT holidays. For up-to-date information on UHS hours, call 471-4955 or check the UHS Web site.

* A \$10 charge will be assessed for all missed appointments not cancelled at least 2 hours before the appointment time.

** An after hours fee is charged for visits all day Saturday, Sunday, and UT holidays.



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