

Preventing and Reducing Vaccine Side Effects

WHAT ARE THE SIDE EFFECTS?

While not everyone who gets a vaccination will have side effects, some people will. The most common side effects are:

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

For most vaccinations, these side effects will occur within one day of the injection and will last for just a few days. For others, such as the measles/mumps/rubella vaccine, 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 a very small possibility that you may have an allergic reaction or a more serious reaction than those described above.

Some signs of a more serious reaction include:

- difficulty breathing (coughing, wheezing, tightness in the chest)
- skin rash or hives
- increased heart rate
- convulsions (seizures)
- dizziness
- high fever
- nausea, vomiting, diarrhea

If you think you are having a reaction to a vaccine and you are a current UT student, call the UHS 24-Hour Nurse Advice Line at (512) 475-6877 (NURS) as soon as possible. If you are not a UT student, contact your healthcare provider as soon as possible.

HOW CAN I REDUCE SIDE EFFECTS?

- Drink plenty of liquids for two or three days after you get your shot. This means at least eight glasses of water or fruit juice a day.
- Avoid alcoholic beverages for a day or two, because they may increase the risk and severity of 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.
- Take over-the-counter pain and fever relievers such as Tylenol or drugs containing Ibuprofen (such as Motrin, Nuprin, Advil) for body aches, pain where you received your shot, or fever.
- Apply ice to the injection site on the day of your shot.
- Increase your arm activity for a couple of days after receiving your injection to decrease arm soreness. This is particularly true for shots given in the muscle like the Tetanus/Diphtheria shot.

If you have questions about reactions:

Current UT students – call the UHS 24-Hour Nurse Advice Line at (512)475-6877 (NURS).

Faculty/Staff – contact your healthcare provider.

IMPORTANT UHS INFORMATION

Information and Appointments	(512) 471-4955
24-Hour Nurse Advice Line	(512) 475-6877
To cancel a UHS appointment	(512) 475-8265
Pharmacy	(512) 471-1824
Health Promotion Resource Center	(512) 475-8252
Student Health Insurance	(512) 471-1040

Student Services Building, 100 West Dean Keeton
Located at the intersection of University Avenue and Dean Keeton Street on the northeast corner

For up-to-date UHS hours of operation,
visit our Web site at:

healthyhorns.utexas.edu



THE UNIVERSITY OF TEXAS AT AUSTIN
DIVISION OF STUDENT AFFAIRS
UNIVERSITY HEALTH SERVICES

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