

After the mpox vaccination



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

What you may feel	What can help
Common reactions Pain, redness, swelling, itch or an area of hardness at the injection site Tiredness Headache Muscle aches Nausea Chills and/or fever Feel faint	Place a cold, wet cloth, or ice pack where the injection was given Leave it on for a short time Rest and drink plenty of fluids Take paracetamol or ibuprofen If feeling faint, lie down
Rare reactions Current evidence does not indicate there is an increased risk of serious reactions, including myocarditis or pericarditis. However, we advise you to seek immediate medical attention if you get any of these new symptoms after vaccination: <ul style="list-style-type: none">tightness, heaviness, discomfort or pain in your chest or neckdifficulty breathing or catching your breathfeeling faint, dizzy or light-headedfluttering, racing or pounding heart, or feeling like it is 'skipping beats'unusual neurological symptoms such as blurred vision, confusion, weakness or numbness in parts of your body.	If you feel any of these symptoms in the days or weeks after the vaccine, you should seek immediate medical help (see below). If these symptoms don't go away seek medical help again.



If you have any concerns about symptoms after your vaccine, talk to your healthcare provider, or call **Healthline** on **0800 611 116** anytime to get advice.

If you have an immediate concern about your safety, call **111** and make sure you tell them you have had a mpox vaccination.

Vaccination record card

Ask your vaccinator to fill in this section if you would like to keep a record of your vaccinations. You can also create an account to view your vaccination records at my.health.nz

DOSE ONE

Batch	Date	Route

Place of vaccination _____

DOSE TWO

Batch	Date	Route

Place of vaccination _____

Vaccines you are due for

Your next _____ vaccine

is due: ____/____/____
DD MM YYYY

Your next _____ vaccine

is due: ____/____/____
DD MM YYYY

To book your next vaccine visit info.health.nz/bookavaccine or phone **0800 28 29 26**