Vaccine appointment checklist

What to bring, what to ask and what to watch for afterwards.

Bring with you

- [ ] Provincial health card
- [ ] List of medications, including inhalers
- [ ] Steroids or biologics you take
- [ ] Vaccine records, if you have them
- [ ] Allergies or past vaccine reactions
- [ ] Short sleeves or a loose top

Tell your provider if you

- [ ] Are having a flare-up or feel unwell
- [ ] Have had a lung or other transplant
- [ ] Have a weakened immune system
- [ ] Are pregnant or planning a pregnancy
- [ ] Fainted or reacted after a vaccine
- [ ] Are starting a new treatment soon

Questions to ask

- [ ] **Which vaccines are recommended for me, and why?**
- [ ] **Am I eligible for free vaccines, or will I need to pay?**
- [ ] **Can I get more than one vaccine today?**
- [ ] **Do any of my medications affect which vaccines I get, or when?**
- [ ] **When is my next dose due?**
- [ ] **Which side effects are normal, and when should I call you?**

After your vaccine

Wait at the clinic for about 15 minutes. A sore arm, tiredness, headache or mild fever is common and usually passes in a day or two. Get emergency help right away if you have trouble breathing, swelling of the face or throat, or hives. Contact your provider if your usual breathing symptoms get worse. For health advice in Nova Scotia or PEI, you can call 811.

General information based on Canadian immunization guidance as of 2026. It does not replace advice from your healthcare provider or pharmacist. Provincial eligibility for publicly funded vaccines varies.

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