

PROTECT YOURSELF AGAINST CHICKENPOX!

The varicella (chickenpox) vaccine



What does this vaccine protect against?

This vaccine protects you against varicella (chickenpox) and lower your risk of developing shingles. Varicella is a virus that can cause a fever and an itchy rash resembling small water-filled blisters. It spreads easily through the air by coughing, sneezing, or by touching open blisters. After contracting varicella, the virus remains in your body and can become reactivated, causing shingles (a painful skin rash).

Who should get this vaccine?

- Children aged 12 months and older who are not receiving the combined vaccine for measles, mumps, rubella, and varicella (MMR-Var).
- Babies aged 6-11 months who are going to have an organ transplant.
- Children born on and after August 1, 2012, who haven't had varicella vaccine (even if they had varicella).



Who should not get this vaccine?

A person may not be able to receive this vaccine if they have an allergy to a component of the vaccine, experienced serious/unusual side effects after this vaccine or one of its components, have a weakened immune system, received blood products in the past 11 months, have had another live vaccine in the past 3 months, or are pregnant. However, most people in Alberta are eligible for this vaccine.

What are the side effects of this vaccine?

Side effects are mild and temporary, but they can appear up to 6 weeks after having the vaccine. Side effects may include redness/swelling/soreness at the injection site, crying, fatigue, irritability, fever, poor appetite, a measles-like rash (a patchy raised bumps), or varicella-like rash (rash with water-filled blisters). If your child gets a rash that looks like varicella, keep it covered and away from pregnant people, newborn babies, and people with weakened immune systems. Side effect symptoms can be managed by placing a cool, wet cloth on the injection site or by taking medications like ibuprofen or acetaminophen to deal with fever or pain.



If you have any additional questions or want to schedule your vaccination, you can:

- Call Health Link at 811
- Call AIMGA's Multilingual Health Hub for Newcomers Phone Line at 1-587-392-8062
- Contact your family physician or primary care network
- Visit booking.aimga.ca to book a patient navigator