

VACCINATION INFORMATION LEAFLET

Preparation for the service

Before coming to get vaccinated, check whether enough time has passed since your last vaccination (e.g. tick-borne encephalitis, hepatitis, HPV) on the website terviseportaal.ee.

In case of acute illness, we recommend postponing the vaccination. When in doubt about whether or not to get vaccinated at this time, please consult your family doctor or nurse.

When coming to get vaccinated, please bring your identity document and vaccination passport if you have one (compulsory if you are vaccinating a child), and wear loose-fitting clothing to make the injection as comfortable as possible.

After the service

After the vaccination, please wait 15 minutes before leaving the clinic to make sure you are feeling well.

To minimise side effects, do not drink any alcohol after the vaccination, avoid heavy physical work/activity and do not go to the sauna, bath or pool on the day of your vaccination.

The vaccination information will be sent by the nurse to the patient portal terviseportaal.ee on the day of your vaccination. If you have a vaccination passport, the information will also be entered there.

Side effects and complications

The vaccinator will inform you about the side effects of the specific vaccine. Before getting vaccinated, read the vaccine information leaflet and feel free to ask the vaccinator any additional questions.

Common post-vaccination side effects include pain or swelling in the injection site, general malaise, fever, headache, nausea and muscle and joint pain. If symptoms persist for more than three days and get worse, please consult a nurse, general physician or family doctor.



Additional information and questions

Please keep in mind that it is very important to inform the vaccinator of any fears and contraindications you may have, as well as your current health status (if there is anything the vaccinator should know) or if you have a history of fainting, complications or adverse reactions to previous vaccinations. If you wish to be receive more than one vaccine at the same time, we recommend consulting your nurse or doctor beforehand to make sure that the vaccines can be administered at the same time.

