

ਬਾਲਗਾਂ ਲਈ ਵੈਕਸੀਨਾਂ ਤੋਂ ਹੋਣ ਵਾਲੀਆ ਸਮੱਸਿਆਵਾਂ ਲਈ ਸਕ੍ਰੀਨਿੰਗ ਚੈਕਲਿਸਟ

ਤੁਹਾਡਾ ਨਾਮ _____

ਜਮਨ ਮਿਤੀ _____ / _____ / _____
ਮਹੀਨਾ ਦਿਨ ਸਾਲ

ਮਹੀਨਾ ਲਈ: ਹੇਠਾਂ ਦਿੱਤੇ ਸਵਾਲ ਇਹ ਨਿਰਧਾਰਤ ਕਰਨ ਵਿੱਚ ਸਾਡੀ ਮਦਦ ਕਰਨਗੇ ਕਿ ਤੁਹਾਨੂੰ ਅੱਜ ਕਿਹੜੀਆਂ ਵੈਕਸੀਨਾਂ ਦਿੱਤੀਆਂ ਜਾ ਸਕਦੀਆਂ ਹਨ। ਜੇਕਰ ਤੁਸੀਂ ਕਿਸੇ ਸਵਾਲ ਦਾ ਜਵਾਬ “ਹਾਂ” ਵਿੱਚ ਦਿੰਦੇ ਹੋ, ਤਾਂ ਇਸਦਾ ਮਤਲਬ ਇਹ ਨਹੀਂ ਹੈ ਕਿ ਤੁਹਾਨੂੰ ਵੈਕਸੀਨ ਨਹੀਂ ਲਗਾਈ ਜਾਣੀ ਚਾਹੀਦੀ। ਇਸਦਾ ਮਤਲਬ ਇਹ ਹੈ ਕਿ ਸਾਨੂੰ ਤੁਹਾਡੇ ਤੋਂ ਹੋਰ ਸਵਾਲ ਪੁੱਛਣ ਦੀ ਲੋੜ ਹੈ। ਜੇਕਰ ਕੋਈ ਸਵਾਲ ਸਪੱਸ਼ਟ ਨਹੀਂ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੇ ਸਿਹਤ ਸੰਭਾਲ ਪ੍ਰਦਾਤਾ ਨੂੰ ਸਪਸ਼ਟੀਕਰਨ ਕਰਨ ਲਈ ਕਹੋ।

	ਹਾਂ	ਨਹੀਂ	ਨਹੀਂ ਪਤਾ
1. ਕੀ ਤੁਸੀਂ ਅੱਜ ਬਿਮਾਰ ਹੋ?	☐	☐	☐
2. ਕੀ ਤੁਹਾਨੂੰ ਦਵਾਈਆਂ, ਭੋਜਨ, ਵੈਕਸੀਨ ਦੇ ਘਟਕ, ਜਾਂ ਲੈਟੇਕਸ ਤੋਂ ਐਲਰਜੀ ਹੈ?	☐	☐	☐
3. ਕੀ ਵੈਕਸੀਨ ਲੈਣ ਤੋਂ ਬਾਅਦ ਤੁਹਾਡੇ ਸ਼ਰੀਰ ਵਿੱਚ ਕੋਈ ਗੰਭੀਰ ਪ੍ਰਤੀਕਿਰਿਆ ਹੋਈ ਹੈ?	☐	☐	☐
4. ਕੀ ਤੁਹਾਨੂੰ ਹੇਠਾਂ ਲਿਖੀਆਂ ਵਿੱਚੋਂ ਕੋਈ ਵੀ ਸਮੱਸਿਆ ਹੈ: ਦਿਲ, ਫੇਫੜਿਆਂ, ਗੁਰਦੇ, ਜਾਂ ਪਾਚਕ ਰੋਗ (ਉਦਾਹਰਨ ਲਈ, ਸ਼ੂਗਰ), ਦਮਾ, ਖੂਨ ਦੀ ਬਿਮਾਰੀ, ਤਿੱਲੀ ਨਾ ਹੋਣਾ, ਕੋਕਲੀਅਰ ਇਮਪਲਾਂਟ, ਜਾਂ ਰੀੜ੍ਹ ਦੀ ਹੱਡੀ ਵਿੱਚ ਤਰਲ ਪਦਾਰਥ ਦਾ ਰਿਸਾਵ ਵਰਗੀ ਲੰਬੇ ਸਮੇਂ ਦੀ ਸਿਹਤ ਸਮੱਸਿਆ? ਕੀ ਤੁਸੀਂ ਲੰਬੇ ਸਮੇਂ ਤੋਂ ਐਸਪੀਰੀਨ ਬੈਰੇਪੀ 'ਤੇ ਹੋ?	☐	☐	☐
5. ਕੀ ਤੁਹਾਨੂੰ ਕੈਂਸਰ, ਲਿਊਕੇਮੀਆ, HIV/AIDS, ਜਾਂ ਕੋਈ ਹੋਰ ਇਮਿਊਨ ਸਿਸਟਮ ਦੀ ਸਮੱਸਿਆ ਹੈ?	☐	☐	☐
6. ਕੀ ਤੁਹਾਡੇ ਕੋਈ ਮਾਪੇ, ਭਰਾ, ਜਾਂ ਭੈਣ ਇਮਿਊਨ ਸਿਸਟਮ ਸੰਬੰਧੀ ਸਮੱਸਿਆਵਾਂ ਹਨ?	☐	☐	☐
7. ਪਿਛਲੇ 6 ਮਹੀਨਿਆਂ ਵਿੱਚ, ਕੀ ਤੁਸੀਂ ਅਜਿਹੀਆਂ ਦਵਾਈਆਂ ਲਈਆਂ ਹਨ ਜੋ ਤੁਹਾਡੇ ਇਮਿਊਨ ਸਿਸਟਮ ਨੂੰ ਪ੍ਰਭਾਵਿਤ ਕਰਦੀਆਂ ਹਨ, ਜਿਵੇਂ ਕਿ ਪ੍ਰੋਡੀਨੋਸੋਨ, ਹੋਰ ਸਟੀਰੋਇਡਜ਼, ਜਾਂ ਕੈਂਸਰ ਵਿਰੋਧੀ ਦਵਾਈਆਂ; ਰਾਇਮੇਟਾਇਡ ਗਨੀਏ, ਕਰੋਹਨ ਦੀ ਬਿਮਾਰੀ, ਜਾਂ ਖੂਜਲੀ ਦੇ ਇਲਾਜ ਲਈ ਦਵਾਈਆਂ; ਜਾਂ ਕੀ ਤੁਸੀਂ ਰੇਡੀਏਸ਼ਨ ਦਾ ਇਲਾਜ ਕਰਵਾਇਆ ਹੈ?	☐	☐	☐
8. ਕੀ ਤੁਹਾਨੂੰ ਕਦੇ ਦੌਰਾ ਪਿਆ ਹੈ ਜਾਂ ਦਿਮਾਗ ਜਾਂ ਹੋਰ ਦਿਮਾਗੀ ਪ੍ਰਣਾਲੀ ਦੀ ਸਮੱਸਿਆ ਹੋਈ ਹੈ?	☐	☐	☐
9. ਕੀ ਤੁਹਾਨੂੰ ਕਦੇ ਦਿਲ ਦੀ ਬਿਮਾਰੀ (ਮਾਇਓਕਾਰਡਾਈਟਿਸ ਜਾਂ ਪੈਰੀਕਾਰਡਾਈਟਿਸ) ਹੋਈ ਹੈ ਜਾਂ ਕੀ ਤੁਹਾਨੂੰ ਕੋਵਿਡ-19 ਦਾ ਕਾਰਨ ਬਣਨ ਵਾਲੇ ਵਾਇਰਸ ਨਾਲ ਲਾਗ ਤੋਂ ਬਾਅਦ ਮਲਟੀਸਿਸਟਮ ਇਨਫਲਾਮੇਟਰੀ ਸਿੰਡਰੋਮ (MIS-A ਜਾਂ MIS-C) ਹੋਇਆ ਹੈ?	☐	☐	☐
10. ਪਿਛਲੇ ਸਾਲ, ਕੀ ਤੁਸੀਂ ਇਮਿਊਨ (ਗਾਮਾ) ਗਲੋਬੁਲਿਨ, ਖੂਨ/ਖੂਨ ਦੇ ਉਤਪਾਦ, ਜਾਂ ਕੋਈ ਐਂਟੀਵਾਇਰਲ ਦਵਾਈਆਂ ਲਈਆਂ ਹਨ?	☐	☐	☐
11. ਕੀ ਤੁਸੀਂ ਗਰਭਵਤੀ ਹੋ?	☐	☐	☐
12. ਕੀ ਤੁਸੀਂ ਪਿਛਲੇ 4 ਹਫ਼ਤਿਆਂ ਵਿੱਚ ਕੋਈ ਵੈਕਸੀਨਾਂ ਲਗਵਾਈਆਂ ਹਨ?	☐	☐	☐
13. ਕੀ ਤੁਹਾਨੂੰ ਕਦੇ ਟੀਕੇ ਲਗਾਉਣ ਤੋਂ ਪਹਿਲਾਂ, ਦੌਰਾਨ ਜਾਂ ਬਾਅਦ ਵਿੱਚ ਚੱਕਰ ਆਉਣਾ ਜਾਂ ਬੇਹੋਸ਼ੀ ਮਹਿਸੂਸ ਹੋਈ ਹੈ?	☐	☐	☐
14. ਕੀ ਤੁਸੀਂ ਅੱਜ ਟੀਕਾ ਲਗਵਾਉਣ ਬਾਰੇ ਚਿੰਤਤ ਹੋ?	☐	☐	☐

ਫਾਰਮਪ੍ਰਕਾਰਨ ਦੀ _____ ਮਿਤੀ _____

ਫਾਰਮ ਦੀ ਸਮੀਖਿਆ ਕਿਸਨੇ ਕੀਤੀ _____ ਮਿਤੀ _____

ਕੀ ਤੁਸੀਂ ਆਪਣਾ ਟੀਕਾਕਰਨ ਰਿਕਾਰਡ ਕਾਰਡ ਆਪਣੇ ਨਾਲ ਲਿਆਏ ਹੋ? ਹਾਂ ☐ ਨਹੀਂ ☐

ਆਪਣੀ ਵੈਕਸੀਨੇਸ਼ਨ ਦਾ ਨਿੱਜੀ ਰਿਕਾਰਡ ਰੱਖਣਾ ਜ਼ਰੂਰੀ ਹੈ। ਜੇ ਤੁਹਾਡੇ ਕੋਲ ਕੋਈ ਨਿੱਜੀ ਰਿਕਾਰਡ ਨਹੀਂ ਹੈ, ਤਾਂ ਆਪਣੇ ਸਿਹਤ-ਸੰਭਾਲ ਪ੍ਰਦਾਤਾ ਨੂੰ ਕਾਰਡ ਦੇਣ ਲਈ ਕਹੋ। ਇਸ ਰਿਕਾਰਡ ਨੂੰ ਕਿਸੇ ਸੁਰੱਖਿਅਤ ਜਗ੍ਹਾ 'ਤੇ ਰੱਖੋ ਅਤੇ ਹਰ ਵਾਰ ਜਦੋਂ ਤੁਸੀਂ ਡਾਕਟਰੀ ਦੇਖਭਾਲ ਲੈਂਦੇ ਹੋ ਤਾਂ ਇਸਨੂੰ ਆਪਣੇ ਨਾਲ ਲੈ ਕੇ ਜਾਓ। ਇਹ ਯਕੀਨੀ ਬਣਾਓ ਕਿ ਤੁਹਾਡਾ ਸਿਹਤ-ਸੰਭਾਲ ਪ੍ਰਦਾਤਾ ਇਸ 'ਤੇ ਤੁਹਾਡੇ ਸਾਰੇ ਵੈਕਸੀਨੇਸ਼ਨ ਦਾ ਰਿਕਾਰਡ ਇਸ ਵਿੱਚ ਦਰਜ ਕਰਦਾ ਹੈ।

Punjabi translation provided by Fargo Cass Health



FOR PROFESSIONALS www.immunize.org / FOR THE PUBLIC www.vaccineinformation.org

www.immunize.org/catg.d/p4065-pan.pdf
“Screening Checklist for Contraindications
to Vaccines for Adults”
Item #P4065-pan Punjabi (6/24/2026)



Information for Healthcare Professionals about the Screening Checklist for Contraindications to Vaccines for Adults

Read the following information for help interpreting responses to the screening checklist.
Additional information is available in the numbered references below.

REFERENCES:

1. CDC's "Adult Immunization Schedule" (www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html)
2. General Best Practices for Immunization section on "Contraindications and Precautions" (www.cdc.gov/vaccines/hcp/imz-best-practices/contraindications-precautions.html)
3. General Best Practices for Immunization section on "Altered Immunocompetence" (www.cdc.gov/vaccines/hcp/imz-best-practices/alter-immunocompetence.html)
4. "Use of COVID-19 Vaccines in the United States: Interim Clinical Considerations" (www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html)

1. Are you sick today? (all vaccines)

There is no evidence that acute illness reduces vaccine efficacy or safety. However, as a precaution, all vaccines should be delayed until moderate or severe acute illness has improved. Mild illnesses with or without fever (e.g., otitis media, "colds," diarrhea) and antibiotic use are neither contraindications nor precautions to routine vaccination.

2. Do you have allergies to medications, food, a vaccine ingredient, or latex? (all vaccines)

Gelatin: If a person has anaphylaxis after eating gelatin, do not give vaccines containing gelatin.

Latex: A history of an anaphylactic reaction to latex is a contraindication to vaccines with latex as part of the vaccine's packaging (e.g., vial stoppers, prefilled syringe plungers, prefilled syringe caps). For details on latex in vaccine packaging, refer to the package insert (listed at www.fda.gov/vaccines-blood-biologics/vaccines/vaccines-licensed-use-united-states).

COVID-19 vaccine: History of a severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a COVID-19 vaccine component is a contraindication to use of the same vaccine type. People may receive the alternative COVID-19 vaccine type (either mRNA or protein subunit) if they have a contraindication or an allergy-related precaution to one COVID-19 vaccine type. Allergy-related precautions include history of 1) diagnosed non-severe allergy to a COVID-19 vaccine component; 2) non-severe, immediate (onset less than 4 hours) allergic reaction after a dose of one COVID-19 vaccine type (see **Reference 4**).

Not contraindications: Eggs: ACIP and CDC do not consider egg allergy of any severity to be a contraindication or precaution to any egg-based influenza vaccine. Injection site reaction (e.g., soreness, redness, delayed-type local reaction) to a prior dose or vaccine component, including latex, is not a contraindication to a subsequent dose or vaccine containing that component.

3. Have you ever had a serious reaction after receiving a vaccine? (all vaccines)

Anaphylaxis to a previous vaccine dose or vaccine component is a contraindication for subsequent doses of the vaccine or vaccine component (see response to question 2.) When a precaution is present, vaccination is usually deferred unless the benefit outweighs the risk (e.g., during an outbreak).

4. Do you have any of the following: a long-term health problem with heart, lung, kidney, or metabolic disease (e.g., diabetes), asthma, a blood disorder, no spleen, a cochlear implant, or a spinal fluid leak? Are you on long-term aspirin therapy? (MMR, VAR, LAIV)

LAIV is not recommended for people with anatomic or functional asplenia, a cochlear implant, or cerebrospinal fluid (CSF) leak. Underlying health conditions that increase the risk of influenza complications such as heart, lung, kidney, or metabolic disease (e.g., diabetes) and asthma are precautions for LAIV. **MMR:** A history of thrombocytopenia or thrombocytopenic purpura is a precaution to MMR. **VAR:** Aspirin use is a precaution to VAR due to the association of aspirin use, wild type varicella infection, and Reye syndrome in children and adolescents.

5. Do you have cancer, leukemia, HIV/AIDS, or any other immune system problem? (LAIV, MMR, VAR)

Live virus vaccines are usually contraindicated in immunocompromised people, with exceptions. For example, MMR vaccine is recommended and VAR may be considered for adults with CD4+ T-cell counts of greater than or equal to 200 cells/mcL. See **Reference 3**.

6. Do you have a parent, brother, or sister with an immune system problem? (MMR, VAR)

MMR or VAR should not be administered to a patient with congenital or hereditary immunodeficiency in a first-degree relative (e.g., parent, sibling) unless the patient's immune competence has been verified clinically or by a laboratory.

7. In the past 6 months, have you taken medicines that affect your immune system, such as prednisone, other steroids, or anticancer drugs; drugs for the treatment of rheumatoid arthritis, Crohn's disease, or psoriasis; or have you had radiation treatments? (LAIV, MMR, VAR)

Live virus vaccines should be postponed until chemotherapy or long-term high-dose steroid therapy concludes (see **Reference 3**). Some immune mediator and modulator drugs (especially anti-tumor necrosis factor [TNF] agents) may be immunosuppressive. Avoid live virus vaccines in people taking immunosuppressive drugs. A partial list of such drugs appears in Table 2.2.4 in CDC's Yellow Book at www.cdc.gov/yellow-book/hcp/travelers-with-additional-considerations/immunocompromised-travelers.html.

8. Have you had a seizure or a brain or other nervous system problem? (Td/Tdap, influenza)

Tdap: Tdap is contraindicated in people with a history of encephalopathy within 7 days following DTP/DTaP. An unstable progressive neurologic problem is a precaution to using Tdap. For people with stable neurologic disorders (including seizures) unrelated to vaccination, vaccinate as usual.

A history of Guillain-Barré syndrome (GBS): 1) **Td/Tdap:** GBS within 6 weeks of a tetanus toxoid-containing vaccine is a precaution; if the decision is made to vaccinate, give Tdap instead of Td; 2) **all influenza vaccines:** GBS within 6 weeks of an influenza vaccine is a precaution; influenza vaccination should generally be avoided unless the benefits outweigh the risks (e.g., for those at high risk for influenza complications).

9. Have you ever been diagnosed with a heart condition (myocarditis or pericarditis) or have you had Multisystem Inflammatory Syndrome (MIS-A or MIS-C) after an infection with the virus that causes COVID-19?

Precautions to COVID-19 vaccination include a history of myocarditis or pericarditis within 3 weeks after a dose of any COVID-19 vaccine or a history of Multisystem Inflammatory Syndrome (MIS-C or MIS-A). A person who develops myocarditis or pericarditis within 3 weeks after a dose of any COVID-19 vaccine should generally not receive additional COVID-19 vaccine. A person with a history of myocarditis or pericarditis unrelated to vaccination may receive a COVID-19 vaccine once the condition has completely resolved. A person with a history of MIS-C or MIS-A may be vaccinated if the condition has fully resolved and it has been at least 90 days since diagnosis. Refer to CDC COVID-19 vaccine guidance for additional considerations for myocarditis, pericarditis, and MIS (see [Reference 4](#)).

10. In the past year, have you received immune (gamma) globulin, blood/blood products or an antiviral drug? (MMR, VAR, LAIV)

See [Reference 1](#) for antiviral drug information (VAR, LAIV). See Table 3-6 in CDC's "Timing and Spacing of Immunobiologics" (www.cdc.gov/vaccines/hcp/imz-best-practices/timing-spacing-immunobiologics.html) for intervals between MMR, VAR and certain blood/blood products, or immune globulin.

11. Are you pregnant? (HPV, IPV, LAIV, MenB, MMR, VAR)

Some live virus vaccines listed above (e.g., LAIV, MMR, VAR) are contraindicated in pregnancy due to the theoretical risk of virus transmission to the fetus. People who could become pregnant and receive a live virus vaccine should be instructed to avoid pregnancy for 1 month after vaccination. The non-live vaccines listed, **IPV** and **MenB**, should not be given except to those with an elevated risk of exposure during pregnancy. **HPV** is not recommended during pregnancy.

12. Have you received any vaccinations in the past 4 weeks? (COVID-19, LAIV, MMR, mpox [Jynneos], VAR, yellow fever)

People given live intranasal and injectable virus vaccines, such as those listed above, should wait 28 days before receiving another live virus vaccine. However, other non-live vaccines may be given at the same time or at any spacing interval. There are additional considerations related to simultaneous administration of Jynneos (mpox) and COVID-19 vaccine (see www.cdc.gov/covid/hcp/vaccine-considerations/implementation.html).

13. Have you ever felt dizzy or faint before, during, or after a shot?

Fainting (syncope) or dizziness is not a contraindication or precaution to vaccination; it may be an anxiety-related response to any injection or needlestick. CDC recommends vaccine providers consider observing all patients for 15 minutes after vaccination. See Immunize.org's resource on vaccination and syncope at www.immunize.org/catg.d/p4260.pdf.

14. Are you anxious about getting a shot today? (LAIV, MMR, MMRV, VAR, yellow fever)

Anxiety can lead to vaccine avoidance. Simple steps can help a patient's anxiety about vaccination. Visit Immunize.org's "Addressing Vaccination Anxiety" clinical resources at www.immunize.org/clinical/topic/addressing-anxiety.

VACCINE ABBREVIATIONS

HepB = Hepatitis B vaccine
HPV = Human papillomavirus vaccine
IIV = Inactivated influenza vaccine
cIIV = Cell culture inactivated influenza vaccine
IPV = Inactivated poliovirus vaccine
LAIV = Live attenuated influenza vaccine
MenB = Meningococcal B vaccine
MMR = Measles, mumps, and rubella vaccine
RIV = Recombinant influenza vaccine
Td/Tdap = Tetanus, diphtheria, (acellular pertussis) vaccine
VAR = Varicella vaccine