

COVID-19 VACCINATION

Side Effects and Aftercare Tips

SIDE EFFECTS INCLUDE:

Pain, redness, itchiness or swelling right away and/or 7 days after

Swollen lymph nodes under armpit

Tiredness or headache

Muscle or joint soreness and pain

Fever and chills

Nausea and vomiting

Most side effects are not serious and should go away on their own.

MANAGING SIDE EFFECTS

For painful areas:

- Apply a cool, damp cloth or a wrapped ice pack
- Use or exercise the arm

For discomforts:

- Drink a lot of fluids
- Dress lightly

Speak to your doctor before taking over-the-counter medication after getting vaccinated. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally.

Also speak to your doctor or healthcare provider:

- If the redness or tenderness where you got the vaccine gets worse after 24 hours
- If your side effects are worrying you or do not go away after a few days

Serious side effects after receiving the vaccine are rare. If you develop any serious side effects or a severe allergic reaction (including hives, swelling of your face, tongue or throat, or difficulty breathing), seek medical attention or call 9-1-1 right away. Tell them you've received a COVID-19 vaccine.

EVEN AFTER GETTING VACCINATED:



Wash Your Hands



Practice Social Distancing



Wear a Mask



Follow Public Healthcare Guidelines

REMEMBER:

If you are getting one of the COVID-19 vaccines that requires 2 shots and you have to take another vaccine (unrelated to COVID-19) before the second COVID-19 shot, speak to your doctor about when to take the other unrelated vaccines.

It takes about two weeks after the shot of a one-shot vaccine and two weeks after the second shot of a two-shot vaccine to build immunity to the virus.