



# What to Expect After Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you and your patients from getting COVID-19. You may experience some side effects, which are normal signs that your body is building protection. These side effects may feel like flu and may even affect one's ability to do daily activities, but they should go away in a couple days.

## Common side effects

### Area of inoculation:

- Pain
- Swelling

### Throughout the rest of one's body:

- Fever
- Chills
- Tiredness
- Headache

## Helpful tips

If you are experiencing pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

### To reduce pain and discomfort in the shot location:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise of the arm is encouraged.

### To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

## When to call your healthcare provider

In most cases, discomfort from fever or pain is normal. It is strongly encouraged to contact your doctor or healthcare provider:

- If the redness or tenderness where the shot was given increases after 24 hours.
- If side effects are causing concern or do not seem to be going away after a few days.

## Remember

- Side effects may feel like flu and even affect one's ability to do daily activities, but they should go away in a couple days.
- With most COVID-19 vaccines, 2 doses are required in order for it to be effective. It is encouraged to receive the second dose even if mild side effects occurred after the first dose, except for special cases where a patient may be advised by their vaccination or healthcare provider not to receive the second dose.
- It takes time for the body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after the second shot.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Continue following all preventive measures including covering the mouth and nose with a mask when around others, staying at least 6 feet away from others, avoiding crowded places, and washing hands often.



If experiencing a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911.