

COVID-19 VACCINE AFTERCARE



WHAT TO DO RIGHT AFTER RECEIVING THE VACCINE:

- **Wait for at least 15 minutes** after receiving the vaccine to be sure that you are feeling well and do not experience any immediate reaction.
- **Inform the healthcare provider** if you feel unwell while waiting. While waiting, continue to follow health and safety norms by **wearing a mask and keeping a distance of at least 2 meters** from anybody not belonging to your household.
- Use **alcohol-based sanitizers to clean your hands** before leaving the immunization center.
- **Do not operate a vehicle** or other forms of transportation for at least 15 minutes after receiving the vaccine or if feeling unwell.

WHAT TO EXPECT IN NEXT FEW DAYS:

Possible side effects:

- Pain, soreness or redness at injection site
- Fever or chills
- Tiredness
- Headache, body aches or joint pains
- Stomach upset – nausea, vomiting, diarrhea
- Swollen lymph nodes

HELPFUL TIPS:

- A **cool damp cloth** may be used to help alleviate soreness at the injection site.
- **Pain or fever medication** such as acetaminophen or ibuprofen may be taken if needed. Please consult your healthcare provider for any advice regarding medication.

CALL OR CONSULT A HEALTHCARE PROFESSIONAL WHEN:

- Serious side effects are **rare** but **dial 911 and seek immediate medical attention** should you develop any severe allergic reactions, such as
 - Hives
 - Swelling of the face, tongue or throat
 - Trouble breathing
- Furthermore, it is important to consult a health professional if symptoms/side effects worsen with time or persist for more than 48 hours or begin after 1 week.

THINGS TO REMEMBER AFTER RECEIVING THE VACCINE:

- Getting a second dose of the COVID-19 vaccine is important for the vaccine to be more effective and last longer. Consult your healthcare provider for further instructions regarding receiving a second dose.
- **DO NOT receive any other vaccines** until you have received both doses of the COVID-19 vaccine **AND** until 28 days after the second dose.
- As a precaution, avoid getting pregnant in the 28 days following the second and last dose of the vaccine.
- After receiving the second dose of the vaccine, it may take up to 7-14 days before you are considered protected from COVID-19.
- **Continue to follow the recommendations of the local public health officials to prevent the spread of COVID-19, including wearing a mask, frequent handwashing and limiting social interactions, while staying 2 meters away from others.**

