

What to Expect after Getting a COVID-19 Vaccine

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

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

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

To reduce pain and discomfort where you got the shot: **To reduce discomfort from fever:**

Apply a clean, cool, wet washcloth over the area

Use or exercise your arm

Drink plenty of fluids

Dress lightly

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours.
- If your side effects are worrying you or do not seem to be going away after a few days.

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It is 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. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds and wash your hands often.



**Pfizer: Second dose should be received
21 to 42 days after your first dose. Ages 12+**



**Moderna: Second dose should be received
28 to 42 days after your first dose. Ages 18+**



Call 571-498-9024 for your second appointment.



Ask your healthcare provider about getting started with v-safe.



Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You will also get reminders for your second dose.

Learn more about v-safe at:
www.cdc.gov/vsafe

Please contact your personal doctor if you have any questions or if your temperature is greater than 101° F.

For emergencies: If you have shortness of breath or chest pain, call 911.

**For vaccine information visit:
<https://hwnova.org/covid-vaccine>**

