

# WHAT TO EXPECT AFTER GETTING A COVID-19 VACCINE



## COMMON SIDE EFFECTS

### YOUR ARM WHERE YOU GOT THE SHOT

- PAIN
- SWELLING

### THROUGHOUT THE REST OF YOUR BODY

- FEVER
- CHILLS
- TIREDNESS
- HEADACHES



## HELPFUL TIPS

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

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm

To reduce discomfort from fever:

- 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 any **side effects** are worrying you or do not seem to be going away after a few days

## REMEMBER

**Side effects** may feel like you have the **flu**, but they should go away **in a few days**.

With all vaccinations, it takes time for your body to build protection. **COVID-19 vaccinations** that **require 2 shots** may not protect you **until a week or two** after your second shot.

Continue to follow the **best safety practices** while we learn more about the vaccines' effect in the real world. **Wear a mask, wash your hands frequently, avoid crowds and keep at least 6-feet away from others.**