

# COVID-19 Vaccine

## Aftercare Information and Instructions

### The most common side effects you may experience after receiving this vaccination are:

- Injection site pain
- Tiredness
- Headache
- Muscle pain
- Chills
- Joint pain
- Fever
- Injection site swelling
- Injection site redness
- Nausea
- Feeling unwell
- Swollen lymph nodes
- ▶ Symptoms may occur within the first three days of vaccination
- ▶ Symptoms may last 1-2 days, or longer
- ▶ Symptoms are more frequent following the second dose
- ▶ Measures that you may take to help alleviate the above effects include
  - Move/Exercise the affected arm
  - Apply a cold pack later in the day to minimize any discomfort
  - May take ibuprofen or acetaminophen after the vaccine if symptoms arise
- ▶ If you have symptoms that do not resolve in 2 days or if symptoms worsen, notify your primary care physician

### When to seek emergency medical attention

There is a remote chance that the COVID-19 Vaccine could cause a severe allergic reaction. A severe allergic reaction would usually occur within a few minutes to one hour after getting a dose of the vaccine. Signs of a severe allergic reaction can include:

- ▶ Difficulty breathing
- ▶ Swelling of your face and throat
- ▶ A fast heartbeat
- ▶ A bad rash all over your body
- ▶ Dizziness and weakness

**If you experience severe side effects call 9-1-1 or go to the nearest hospital.**

### VAERS (Vaccine Adverse Event Reporting System)

Report vaccine side effects to FDA/CDC Vaccine Adverse Event Reporting System (VAERS). The VAERS toll-free number is 1-800-822-7967 or report online to <https://vaers.hhs.gov/reportevent.html>

### The CDC V-Safe App

The Centers for Disease Control has developed an app for those who have received the vaccine. V-Safe is a smart-phone based tool that checks in on you after your COVID-19 vaccine. Anyone vaccinated in the last six weeks can participate. It takes just a few minutes to register and get started. All you need is your smartphone and information about the vaccine you received. This information can be found on the vaccine record card you received when you got your vaccine. The link to register for V-safe is <https://vsafe.cdc.gov/>

### Second Vaccine Reminder

The vaccine reaches maximum efficacy (95%) after the second dose scheduled **three weeks (Pfizer)** or **four weeks (Moderna)** after your first vaccine. You will be asked to schedule your second appointment prior to leaving today.

It is important to take note of the vaccine manufacturer you receive during your initial vaccination as this must be the same vaccine at the second dose to ensure maximum protection.

#### Emergency Use Authorization for Pfizer vaccine

<https://www.fda.gov/media/144414/download>

#### Emergency Use Authorization for Moderna vaccine

<https://www.fda.gov/media/144638/download>