



What to Expect after Getting the Pfizer or Moderna 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 affect your ability to do daily activities, but they should go away in a few days.

What are the most common side effects?

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|---|---|
| On the arm where you got the shot: | Throughout the rest of your body: |
| <ul style="list-style-type: none">• Pain• Swelling | <ul style="list-style-type: none">• Fever• Chills• Tiredness• Headache |

You will need two shots in order for the vaccine 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.

The CDC (Centers for Disease Control and Prevention) is implementing a new smartphone-based tool called v-safe to check-in on people's health after they receive a COVID-19 vaccine. After enrolling you will be able to use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. To learn more visit: <http://www.cdc.gov/vsafe>. If you do not have a smartphone, you can report any side effects at <https://vaers.hhs.gov/faq>.

What are my care instructions?

- 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 should I call the doctor?

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

- Redness or tenderness where you got the shot that increased after 24 hours
- 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.

How soon will I get the maximum protection from the vaccine?

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.

Do I need to wear a mask and maintain social distancing after I reach full protection?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, everyone must continue to follow COVID-19 precautions:

- Cover your mouth and nose with a mask when around others.
- Stay at least 6 feet away from others, avoid crowds.
- Wash your hands.

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Adapted from: CDC. What to Expect after Getting a COVID-19 Vaccine. Access at:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

Approved by: COVID19 Vaccine Patient Education/Communication Workgroup

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