



## COVID-19 Vaccination - What to Expect

(12/23/20)

Though the vaccine is an important step toward controlling the COVID-19 virus, it's only one step. **It remains essential** to continue covering your mouth and nose with a mask when around others, maintaining at least 6-feet of distance from others, avoiding crowds, and washing your hands often.

The following is based on information provided by the [Centers for Disease Control and Prevention](#) (CDC). Use the included links for more.

Because COVID-19 is a new disease requiring new vaccines, you may have questions about what happens before, during, and after your vaccination appointment. These tips outline what to expect when you get vaccinated, what information your provider will give you, and what resources you can use to monitor your health after you are vaccinated.



### Before Your Vaccination

- ✓ Determine if the COVID-19 vaccination is right for you.
- ✓ Learn more about the [different types of COVID-19 vaccines and how they work](#).
- ✓ Learn more about the [benefits of getting a COVID-19 vaccination](#).
- ✓ When you go to your appointment, remember to cover your mouth and nose with a mask when you are around others and stay at least 6 feet away from others.

### When You Get Vaccinated, You Should Also Receive:

- Information telling you what COVID-19 vaccine you received, the date you received it, where you received it, and a date for your second vaccination.
- A fact sheet telling you more about the specific COVID-19 vaccine you are being offered to help you understand the risks and benefits of receiving that specific vaccine.
- Information on how to get started with v-safe, a free, smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. You will also get your second dose reminders through v-safe.

You will be asked to remain for 15 minutes to ensure you do not have any adverse reaction to the vaccine. The wait will be 30 minutes if you have a history of anaphylaxis to vaccine.

### After Vaccination

- With most COVID-19 vaccines, you will need two shots for them to work. Unless a healthcare provider tells you not to, get the second shot even if you have side effects from the first one.
- It takes time for your body to build protection following vaccination. The COVID-19 vaccination requires two shots. You will not be fully protected until a week or two after the second shot.
- If exposed to Covid-19 after vaccination, you should not get sick. But because we don't currently have enough information to prove or disprove this, you should assume that you can still infect others. Therefore, wearing a mask and physical distancing will remain important.

**Common Side Effects** – COVID-19 vaccination will help protect you from getting sick from the virus, but you may experience side effects. Though unfortunate, the good news is that they are normal and a positive indication the vaccine is stimulating your body to build protection against the virus. They may affect your ability to do daily activities, but they should go away in a few days and do not have any long-term consequences.



Possible side effects include:

- Fever, chills, tiredness, and headaches
- Pain and minor swelling on the arm where you were injected

**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:
  - 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. Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days. Contact your doctor or healthcare provider if:

- The redness or tenderness where you were injected **increases** after 24 hours.
- Your side effects are worrying you or do not seem to be going away after a few days.

**Please Remember** – It’s important for everyone to continue using all safety measures 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. **This will help protect you as well as others.**

**To get through it, we must all do it**

- ✓ Wear a mask
- ✓ Stay six-feet apart
- ✓ Wash hands frequently
- ✓ Avoid non-essential travel
- ✓ Sanitize common areas
- ✓ Do not gather with others outside your immediate family

**tix̌ix̌dx<sup>w</sup> tiil bək<sup>w</sup>ak<sup>w</sup>bix<sup>w</sup>**  
Take care of all people