



WHAT TO EXPECT **AFTER GETTING** **A COVID-19 VACCINE**

CELEBRATE YOUR BODY BUILDING PROTECTION

You may have some side effects, which are normal signs that your body is building protection. **Although these side effects may be unpleasant for 1-3 days, they are not dangerous.** The most common side effects are fever, chills, tiredness, or headache. At the injection site, you may experience pain, redness or swelling. Even if you have no side effects, your body is still building protection against COVID-19.

REDUCE PAIN OR DISCOMFORT

- Talk to your doctor about taking an over-the-counter medicine.
- Apply a clean, cool, wet washcloth over the area where you got the shot.
- Use or exercise your arm.
- Drink plenty of fluids and dress lightly.

If your side effects are worrying you or do not seem to be going away after a few days, contact your doctor. If you think you are having a severe reaction, call 911.

GET YOUR SECOND DOSE

Don't forget to schedule your next appointment before leaving. You need 2 shots to get the most protection. You should get your second shot:

- for the Pfizer-BioNTech 3 weeks (or 21 days) after your first shot,
- for the Moderna 1 month (or 28 days) after your first shot.
- Do not switch to a new brand of vaccine for your 2nd dose

You should **get your second shot as close to the recommended 3-week or 1-month interval** as possible. However, there is no maximum interval between the first and second doses for either vaccine. You should not get the second dose earlier than the recommended interval.

REGISTER AND USE V-SAFE

Go to vsafe.cdc.gov and **get started.** V-safe is a smartphone-based tool that checks in on you after your COVID-19 vaccination. Your participation helps keep COVID-19 vaccines safe — for you and for everyone.

CONTINUE TO FOLLOW PUBLIC HEALTH GUIDANCE

Not everyone is able to get vaccinated right away, so it's still important to protect yourself and others

- Stay 6ft apart from others.
- Wash your hands often.
- Wear a face covering.
- Stay home if feeling sick.
- Avoid crowds and gatherings.