What to Expect After Getting Your 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 feel like flu and may even affect your ability to do daily activities, but they should go away in a few days.

Common side effects & helpful tips

On the arm where you got the shot you may experience some **pain or swelling at the injection site within 24 hours**.

To reduce pain and discomfort where you got the shot apply **clean cool wet cloth over the area**, try to use or **exercise your arm** and you can also take **over the counter medications for pain**, like acetaminophen or ibuprofen (e.g., Advil). If you are unsure if you can safely take an over the counter medication, **check with your personal physician**.

Some people have reported a **fever, chills, fatigue** or **headache** within 24-48 hours of vaccination.

To reduce discomfort from the above symptoms **drink plenty of fluids**.

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 your 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.
- With most COVID-19 vaccines, you will need 2 shots in order for them 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.
  - **We will be in touch via MyChart to schedule the appointment for your second dose**.
- 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.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions.
- Even if you are vaccinated you still must: 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.

Get Text Reminders for Your Second Dose & Check Ins for Any Vaccine Side Effects

- ☐ Text **"ENROLL"** to 833-829-8398 to get a reminder for your second dose of COVID-19 vaccine from the CDC's VaxText program.
- ☐ You will need the date and type of vaccine you received from your vaccine record card.
- ☐ VaxText will also ask if you want to enroll in V-Safe. V-Safe is a CDC program that will text you once a day for six days to see how you are feeling, then once a week for 6 weeks.

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine.

For more information about **VaxText** or **V-Safe** go to the **CDC website**:

cdc.gov/vaccines/covid-19/reporting/vaxtext/index.html

cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html

vsafe.cdc.gov

Even if you have reported an adverse reaction through V-safe, please also **report any adverse reaction to your supervisor/provider**.

VaxText℠ COVID-19 Vaccination Second-Dose Reminder

- **We will be in touch via MyChart to schedule the appointment for your second dose**.

VaxText is a free text messaging platform that providers can offer to their patients. Patients can opt in to conveniently receive text message reminders to get their second dose of COVID-19 vaccine. VaxText offers the added benefit of reminding patients to sign up for v-safe, a tool that allows people to report adverse outcomes following vaccination.

v-safe℠
after vaccination
health checker

sansum℠ CLINIC
for your good health

Ridley-Tree Cancer Center
at Sansum Clinic