What to Expect
After Getting a **COVID-19 Vaccine**

The vaccine you receive will help protect you from getting COVID-19. You might experience some side effects, which are normal signs that your body is building protection against the virus. They should go away in a few days.

Common Side Effects

On the arm where you received your injection:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Tiredness
- Chills
- Headache

Tips to Overcome Side Effects

To reduce pain and discomfort at the injection site:

- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm

To reduce discomfort from fever:

- Hydrate
- Dress lightly

When to Call the Doctor

In most cases, discomfort from pain or fever after vaccination is normal. Talk to your doctor or health care provider about taking over-the-counter medicine, such as ibuprofen or acetaminophen, and call if:

- Redness or tenderness increases after 24 hours
- Side effects linger beyond a few days or cause you concern

Important Reminders

- It takes time for your body to build protection after any vaccination
- Most COVID-19 vaccines require two doses to be effective and may not protect you until a week or two after your second dose

Keep Masking, Distancing, and Washing

Until a majority of the population has been vaccinated – some estimates say 70 percent of Americans would help us reach herd immunity – wearing a mask, washing your hands, practicing physical distancing, and avoiding large indoor gatherings will remain essential.

Your Second Dose

A MyChart message will be sent to you when you are eligible to schedule your second dose. You do not need to call to check on the status.

Remember to bring your COVID-19 Vaccination Record card when you return for your second dose.

Enroll in V-Safe

Use your smartphone to notify the Centers for Disease Control and Prevention (CDC) about any side effects you may be experiencing after getting the COVID-19 vaccine.

Learn more at **cdc.gov/vsafe**.

v-safe℠
after vaccination
health checker

Thank You!

Thank you for doing your part to keep our community safe.

To learn more about COVID-19 and the vaccines, visit **utswmed.org**.

Stay safe. Stay healthy.

Document is adapted from the Centers for Disease Control and Prevention:
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html

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