

What to expect after getting a **COVID-19 Vaccine**



Covid-19 vaccination and boosters will prevent you from becoming severely ill from COVID-19 or being hospitalized. You may have some side effects, which are normal signs that your body is building protection.

Common side effects

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen, acetaminophen, or analgesics.

- **Side effects may feel like the flu:**
 - You may experience fever, chills, tiredness, headaches or pain where you got the shot
 - They may affect your ability to do daily activities, but they should go away in a few days
- **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
 - Take over-the-counter Tylenol, with approval from your doctor

When to call the AltaMed Patient Service Center (888) 499-9303

- 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. This may occur after the second shot, too.

After the vaccine

- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not fully protect you until a week or two after your second shot.
- Even after you are vaccinated, it is still possible to carry and spread COVID-19. We encourage you to still wear a mask when gathering inside, especially when you are around people not from your household. It is important to wash your hands frequently and keep yourself healthy.

If you think you are having an allergic reaction such as trouble breathing, a bad rash, or swelling of your face and throat, call 911.

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Sign up for V-Safe, CDC's after vaccination health checker

On your smart phone, get text messages checking in on your health, any side effects from the vaccine, and reminders for your second vaccine dose. cdc.gov/vsafe

