

## COVID-19 Vaccine Aftercare

- Many people have side effects from the vaccination, but these usually only last 24-48 hours after receipt of the vaccination. Others have no side effects at all. Most people will experience pain, redness, and/or soreness at the injection site. Some people will have a headache, fever, chills, muscle pain, and/or fatigue from the vaccine. A few people will have nausea or swollen lymph nodes (lymphadenopathy).
- In rare circumstances, the vaccine may cause a severe allergic reaction, which can include anaphylaxis (difficulty breathing), swelling of the face and throat, a fast heartbeat, a rash all over the body, dizziness, and/or weakness.
- There is also a very rare risk of myocarditis and/or pericarditis in adolescents and young adults following vaccination with mRNA COVID-19 vaccines (Pfizer or Moderna). This is an inflammation of the heart muscle or the lining of the heart. The risk appears to be higher after the second dose, but cases have been reported after the first dose. Symptoms typically appear within 1-5 days of vaccination and include chest pain, irregular heartbeat, fainting, or shortness of breath.

### What should you do if you have a reaction?

If you experience any of the following:

- Red, sore arm at and around the injection site:
  - Apply an ice pack to the affected area for comfort.
  - If condition does not improve or worsens in 24-48 hours, call your regular primary care physician.
- Fever, achiness, fatigue, and/or headache:
  - Take the non-prescription product that you would usually use for discomfort or fever relief as needed.
  - If condition does not improve or worsens in 24-48 hours, call your regular primary care physician.
- Unusual or severe reaction (for example, chest pain, irregular heartbeat, hives, difficulty breathing, wheezing, allergic reaction):
  - Immediately call your regular primary care physician, call 911, or go to the emergency room or nearest urgent care center.
- In addition, you may report vaccine side effects to the FDA/CDC Vaccine Adverse Event Reporting System (VAERS). The VAERS toll-free number is 1-800-822-7967 or report online to [vaers.hhs.gov/reportevent.html](https://vaers.hhs.gov/reportevent.html).

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### COVID-19 Vaccine Information

- The COVID-19 vaccines are not live virus vaccines, so the vaccines cannot infect anyone with COVID-19.
- All needles and syringes are sterile, one-time use and safely discarded.
- The vaccine will begin to provide protection about 1-2 weeks after the second shot of the series is given.
- We now know that protection from COVID-19 vaccines decreases over time, so you may need future vaccines to remain protected. A third dose is currently recommended for people who are moderately to severely immunocompromised 28 days after the second dose. There is also a booster dose recommended 5 months after the primary series for Pfizer recipients ages 5 years and older and Moderna recipients ages 18 and older. There is a new bivalent booster for ages 12 and older. This booster includes some of the original formulation and additional protection against the newer Omicron variants.
- While the COVID-19 vaccination does provide protection against infection or greatly lessened symptoms if you contract COVID-19, you should continue to practice hand hygiene and use appropriate personal protective equipment (PPE).
- The Pfizer COVID-19 vaccine has received full FDA approval for ages 12 and older. It remains available under emergency use authorization (EUA) for ages 6 months to 11 years, as a third dose for immunocompromised individuals, and as a booster dose for individuals 5 years of age and older.
- The Moderna COVID-19 vaccine has received full FDA approval for ages 18 and older. It remains available under emergency use authorization (EUA) for ages 6 months to 17 years, as a third dose for immunocompromised individuals, and as a booster dose for individuals 18 years of age and older.
- For each COVID-19 vaccine authorized under an EUA, there is a Fact Sheet for Recipients that explains the benefits and risks of the vaccine and provides important product-specific information. The EUA Fact Sheets are available at [cdc.gov/vaccines/covid-19/eua](https://www.cdc.gov/vaccines/covid-19/eua).

### Sign up for v-safe!

- Use v-safe to share your COVID-19 vaccine experience with the CDC. V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccine. Through v-safe, you can quickly tell CDC if you have any side effects after getting a COVID-19 vaccine. V-safe will also remind you to get your second COVID-19 vaccine dose if you need one. Sign up at [cdc.gov/vsafe](https://www.cdc.gov/vsafe).

**IF YOU HAVE ANY CONCERNS OR ADVERSE REACTIONS, PLEASE CONTACT YOUR REGULAR PRIMARY CARE PHYSICIAN OR GO TO AN URGENT CARE OR EMERGENCY ROOM FOR ASSISTANCE.**