

# WHAT TO EXPECT AFTER GETTING A COVID-19 VACCINE

## Helpful tips

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

### 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.

## 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
- **CALL** your health care provider if your temperature is over 101°F for longer than 24 hours
- **TELL** your health care professional what symptoms you are having and any medications you are taking to relieve symptoms

## TAKE medications for side effects, if needed:

- Acetaminophen 500 mg 1 tablet every 6 hours if needed for pain or fever. Do not take if you have liver problems
- Ibuprofen 200mg 1 tablet every 8 hours if needed for pain or fever. Do not take if you have high blood pressure or kidney problems

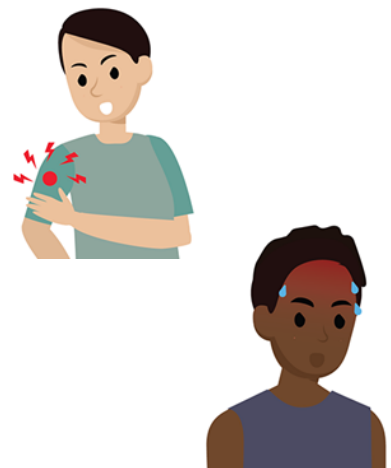
## COMMON SIDE EFFECTS

On the arm where you get the shot:

- Pain
- Swelling

Throughout out the rest of your body:

- Fever
- Chills
- Tiredness
- Headache



TALK TO YOUR CASE MANAGER ABOUT GETTING CONNECTED WITH A HEALTH CARE PROVIDER FOR ANY OF THE SYMPTOMS ABOVE

## 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.