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

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.