



## GETTING READY FOR YOUR COVID-19 VACCINE

### BEFORE YOU GET THE VACCINE

- **Make your appointment** if it's your turn
- **Learn more about the vaccine** and how getting it helps you, your loved ones, and community
- **Learn about the different types of COVID-19 vaccines** and how they work
- **Talk to a medical professional if you have a history of serious allergic reactions** to vaccines, food, or medicine

### THE DAY YOU GET THE VACCINE

- **Do not take any pain medicine** before your shot
- **Wear a mask and stay 6 feet away** from others while in any buildings and in lines
- **Save the vaccination card or printout** that tells you which vaccine you got, when you got it, and where you got it
- **Read the fact sheet** you get about your COVID-19 vaccine
- **Stay at the site for 15 minutes (or 30 minutes if you have a history of serious allergies)** so that the medical team can make sure you have no reactions
- **Make your appointment for your second shot if you got the Pfizer-BioNTech or Moderna vaccine**, usually 3-weeks or 1-month after the first shot if possible (If you got the Johnson & Johnson vaccine, you don't need to do anything else!)

### AFTER YOU GET THE VACCINE

**Be prepared for some side effects** from the vaccine like feeling tired, having a headache, or getting a fever. These side effects are normal signs that your body is building protection, and you should start to feel better after 1-3 days.

### LOOKING FOR MORE SUPPORT?

Register for v-safe (vaccine-safe), a smartphone based tool from the CDC that helps track your experience with the vaccine. Depending on your answers, someone from CDC might call you to check on you to learn more. Sign up at [vsafe.cdc.gov](https://vsafe.cdc.gov).