



# What You Can Expect **AFTER GETTING** A COVID-19 **VACCINE**

## CELEBRATE YOUR BODY BUILDING PROTECTION

Congratulate yourself on getting your COVID-19 vaccine! You might have some side effects over the next few days – this is a normal sign that your body is building protection.

The most common side effects are fever, chills, tiredness, or headache. You may also have some pain, redness or swelling where you got the shot in your arm. Know that even if you have no side effects, your body is still building protection against COVID-19.

## REDUCE PAIN OR DISCOMFORT

The side effects may be unpleasant, but they are not dangerous. If you aren't feeling well:

- **Consider taking over-the-counter medicine** like ibuprofen, acetaminophen (Tylenol), aspirin, or antihistamines for any pain and discomfort if you have no other medical reasons that prevent you from normally taking these medicines
- Apply a clean, cool, wet washcloth over the area where you got the shot
- Use or exercise your arm
- Drink plenty of fluids
- Wear loose clothing

**If your side effects are worrying you or do not seem to be going away after a few days, contact your doctor.** If you think you are having a severe reaction, call 911.

## IF NEEDED, GET YOUR SECOND DOSE

If you get the Johnson & Johnson vaccine, you don't need to do anything else.

If you get the Pfizer-BioNTech or Moderna vaccine, you will need two shots to get the most protection. Schedule your next appointment before you leave the clinic or place where you get your first shot:

- You should get your second Pfizer-BioNTech shot 3 weeks (or 21 days) after your first shot
- You should get the Moderna shot 1 month (or 28 days) after your first shot

You should get your second shot as close to the time periods recommended above as possible. If you have to get it a little later than these times, it will still be effective. But don't get it any sooner than these times.

Do not switch to a new brand of vaccine for the second shot.

## STAY CONNECTED WITH V-SAFE

Register for v-safe (vaccine-safe), a smartphone 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. The CDC can learn from people like you - and you can get the support you need. Sign up at [vsafe.cdc.gov](https://vsafe.cdc.gov).

## KEEP FOLLOWING PUBLIC HEALTH GUIDANCE

Not everyone is able to get the vaccine right away, so it's still important to protect yourself and others:

- Stay 6 feet apart from others
- Wear a face covering
- Avoid crowds and gatherings
- Wash your hands often
- Stay home if you feel sick