



### **What should I do right after receiving the vaccine?**

You should wait for 15 minutes after receiving your vaccine to be sure you are feeling well. You will be advised by staff where to wait. Please inform the clinic staff if you feel unwell while waiting.

### **What should I expect in the next few days and how do I treat side effects?**

Similar to medications and other vaccines, the COVID-19 vaccine can cause side effects. Side effects from vaccines are fairly common, and mild to moderate reactions can be a sign that your immune system is responding to the vaccine. **Importantly, if you experience a severe allergic reaction such as hives, generalized swelling, or shortness of breath you should call 911.**

The most common side effect is pain / discomfort where you received the shot. Other side effects include fatigue, headache, more generalized muscle aches, chills, joint pain, and possibly some fever. The side effects of the COVID-19 vaccine typically start within 12 to 24 hours of vaccination, and usually last between 1-3 days.

To reduce pain and discomfort where you received the shot, we recommend that you apply a clean, cool, wet washcloth over the area. It is also helpful if you use and exercise the arm that you received the shot. If the redness or tenderness increases after 24 hours, please contact your primary care provider.

In most cases, discomfort from fever or pain is a normal reaction to the COVID-19 vaccine. To reduce discomfort from fever, drink plenty of fluids and dress lightly. Over-the-counter medications, including ibuprofen or acetaminophen can also be considered to treat pain or discomfort if your doctor hasn't told you previously that you should avoid them due to a medical condition such as kidney or liver disease. If you experience side effects that last beyond 72 hours, you should contact your primary care provider.

### **Things to Remember After Getting Vaccinated**

Cough, shortness of breath, loss of taste or smell, runny nose/ congestion and/or sore throat are **not** common side effects of the vaccine. If you are experiencing **these** symptoms, it is possible you have an infection and should self-isolate and schedule an appointment for COVID-19 testing (this can be done through your MyChart app or through the chatbot on our website, [memorialcare.org](http://memorialcare.org)). **Seek medical care immediately if you feel chest pain, shortness of breath, or feelings of a fast beating, fluttering or pounding heart.**

Remember, please continue to practice public health mitigation strategies like wearing a mask and distancing until the pandemic is under control, even after you have received the COVID-19 vaccine.

### **Scheduling your second or booster dose of vaccine**

If you received the Moderna and Pfizer COVID-19 vaccines, you will need 2 doses for the vaccine to work or 3 doses if you are immunocompromised. Unless your doctor tells you not to get a second dose, please get the second dose even if you have side effects after the first one. After completing the primary series, you will also need a booster. You can schedule your second or booster dose by going to the MY Turn website <https://myturn.ca.gov/> where you will be guided to a second dose location.