



Common Side-effects

- You may get vaccine side-effects in the first 2 days after getting the vaccine. Common side effects include a sore or red arm, fever, chills, and muscle aches, headache, and feeling tired.
- These are normal and show that your body is learning to build up immunity. Having these types of side effects soon after vaccination does NOT mean that you have COVID-19.
- Vaccine side effects are more common after the second dose and in younger people. They usually do not last long, and you should feel better within a day or two.
- It is important to get the second dose even if you get side effects after the first dose unless a vaccination provider or your doctor tells you not to.
- Contact your doctor if you have questions, your symptoms last more than 2 days, start more than 2 days after you got the vaccine, or they get worse or worry you.

Tips to help with symptoms

- Apply a clean, cool, wet washcloth to reduce pain and discomfort in your arm. It may also help to use or exercise your arm. To reduce discomfort from fever, drink plenty of fluids and dress lightly.
- Over-the-counter medicines like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help with pain, fever, headache, or discomfort. Do not take these medicines before getting the vaccine.

Allergic Reactions

As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen. If it does, call 911 or go to the nearest emergency room.

Symptoms of COVID-19

You cannot get COVID-19 from the vaccine. But there is still a risk of getting infected with the COVID-19 virus before and after starting your vaccine series. Talk to a doctor and get tested for COVID-19 if you get any of these symptoms: cough, shortness of breath, runny nose, sore throat, loss of taste or smell. You should stay home and stay away from others until you get the result of your test or until your doctor tells you that you don't have COVID-19.

Continue to protect yourself against COVID-19

It is important to continue to protect yourself even after you have had 2 doses of vaccine. Precautions include wearing a face covering, avoiding close contact with people who are sick, avoiding crowds and poorly ventilated spaces and staying at least 6 feet away from others. Continue to wash your hands often. Stopping this pandemic is going to take all our tools.

If you get COVID-19 after you have been vaccinated, you still need to isolate. If you have been in close contact with someone with COVID-19 after you have been vaccinated, you still need to quarantine.

Sign up for v-safe, the CDC health checker

If you have a smart phone, please sign up at vsafecdc.gov to tell CDC about any side effects.



For more information, scan the QR code or visit VaccinateLACounty.com.

