Tips to reduce side effects after
receiving your COVID-19 vaccine

Emergencies: Although unlikely, if you experience emergency warning symptoms at any time after receiving your COVID-19 vaccine, **call 911 immediately**. Emergency warning symptoms include trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face, or any other sudden and severe symptom.

Side effects: Common side effects include pain at the injection site, swollen lymph nodes in the underarm on the same side as the injection site, fever, body aches, headaches, fatigue and nausea. These reactions are frequent (and indicate that your body is making an immune response to the vaccine) and most should go away within 1-2 days, with the exception that swollen lymph nodes may persist up to about 10 days. These tips will help you identify and minimize mild side effects:

− Read the Vaccine Information that came with your scheduling invite to refresh your knowledge about side effects.
  − Pfizer: cvdvaccine.com
  − Moderna: modernatx.com/covid19vaccine-eua/
  − Janssen: janssenlabels.com/emergency-use-authorization/Janssen+COVID-19+Vaccine-Recipient-fact-sheet.pdf
− Use an ice pack or cool, damp cloth to help reduce redness, soreness and/or swelling at the place where the shot was given.
− A cool bath can also be soothing.
− Drink liquids often for 1-2 days after getting the vaccine.
− Take an over the counter pain reliever unless you have any specific contraindication.

When to call for clinical consultation: For symptoms that are **severe** or **last 72 hours or more**:

− Contact your Primary Care Provider or Urgent Care Center

When to be tested for COVID-19 infection: The following symptoms suggest COVID-19 infection and are not common vaccine side effects: New loss of smell or taste; cough or shortness of breath; congestion/sore throat/runny nose/conjunctivitis (red eye); or nausea/vomiting or diarrhea. **If you have one or more of these symptoms, contact your Primary Care Provider to arrange a COVID-19 test.**

If you do have a positive COVID-19 test between your first and second doses of COVID-19 vaccine, you should wait 10 days from when you first tested positive and be fully recovered before getting your second dose. You should still get the second dose.

Important reminders:

- You must continue to follow the advice of public health officials whether you are vaccinated or not: Wear your mask in public, ensure hand hygiene, and practice social distancing.
- Always follow personal protective equipment (PPE) rules at work.
- Make sure you have scheduled your second vaccine appointment.
- Swollen lymph nodes may be seen on routine screening mammograms for up to a month after vaccination. If you are due for a screening mammogram soon and it will not result in undue delays, you may consider scheduling it 4-6 weeks after your second vaccine appointment.

Thank you for being vaccinated to protect yourself, your loved ones, and your community.

v-safe After Vaccination Health Checker

Read the vaccine fact sheet you received in your scheduling invite (and handed to you when you arrived today) to learn more about side effects. The Center for Disease Control and Prevention (CDC)'s "v-safe" after vaccination health checker is a smartphone-based tool that you can use to quickly tell the CDC if you have any side effects. Participation is voluntary and not a substitute for medical care. Learn more at vsafe.cdc.gov. Aim the camera on your phone at this code:

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