

# What To Expect After Getting a COVID-19 Vaccine



A COVID-19 vaccination is one way to help protect you from getting COVID-19. After you receive the vaccine, you may experience some side effects, which are normal signs your body is building protection. These side effects **may feel like the flu and may even affect your ability** to do daily activities, but they should go away in a few days. The COVID-19 vaccine does not contain the live COVID-19 virus and cannot make you sick with COVID-19.

## Common Side Effects

### On the arm where you got the shot:

- Pain
- Swelling

### Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

*If you think you might be having a severe allergic reaction after leaving the vaccination site, **seek immediate medical care by calling 911.***

## Helpful Tips

If you have pain or discomfort, over-the-counter pain medication may help reduce symptoms. If you have any concerns, please contact your healthcare provider.

### To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

### To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

## When To Call Your Healthcare Provider

In most cases, discomfort from fever or pain is normal. Contact your healthcare provider if:

- Redness or tenderness where you got the shot increases after 24 hours.
- Your symptoms are getting worse or don't go away after a few days.
- You're experiencing new symptoms, different from what is listed above and have concerns.

## Please Remember

- Side effects may feel like the flu and even affect your ability to do daily activities, but they should go away in a few days.
- You will need two shots in order for the vaccine to work most effectively. It's important to get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines requiring two shots will not protect you until two weeks after your second shot.

(over)

## Continue To Protect Yourself and Others

Even after you get your vaccine, you'll need to:

- Cover your mouth and nose with a mask when around others.
- Stay at least 6 feet away from others.
- Avoid crowds.
- Wash your hands often.

## Vaccine Fact Sheets

Point your smartphone camera at the appropriate QR code below. You'll receive a prompt to open the website. *Note: older phones may not be compatible.*



Moderna



Pfizer

## Report Side Effects To the CDC

Use your smartphone to tell the CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose. Visit [vsafe.cdc.gov](https://vsafe.cdc.gov) for more information.



CDC V-Safe