

COVID-19 AstraZeneca/COVISHIELD Vaccine After Care



What should I expect after my vaccine?

Please sit and wait until: _____ Let us know if you feel unwell during this time.

Side effects are common a day or two after getting the vaccine. Most side effects are not serious and should go away on their own. You may feel or have:

- Pain in your arm, swelling or redness where the needle was given
- Muscle and joint pain, chills, and fever
- Tired, headache
- Diarrhea, nausea, vomiting
- Swollen glands under your armpit

What can help?

- A cool, damp cloth or wrapped ice pack on your arm. Don't be afraid to use your arm.
- If needed, pain or fever medication such as acetaminophen or ibuprofen.
- Check with your health care provider if you need advice about medication.

If you have any concerns about how you are feeling after getting the vaccine, contact your health care provider for advice.

If you have any symptoms of a serious reaction within 3 days of getting the vaccine, contact your health care provider or call 9-1-1 right away. Tell them you have had the COVID-19 vaccine.

- Hives (bumps on the skin that are often very itchy)
- Swelling of the face, tongue, or throat
- Hard time breathing
- Very pale colour and very sleepy
- High fever (over 40°C)
- Convulsions or seizures
- "Pins and needles" or numbness

Getting the AstraZeneca/COVISHIELD vaccine has been associated with very rare cases of serious blood clots, including blood clots in the brain (known as Vaccine-Induced Prothrombotic Immune Thrombocytopenia (VIPIT)).

There have been rare cases of blood clots and low levels of blood platelets. This usually happened between 4 and 20 days after the AstraZeneca/COVISHIELD vaccine was given.

If you have any of the following symptoms within 20 days of getting the vaccine, call your health care provider or call 9-1-1 right away.

- Pain in the chest
- Hard time breathing
- Swelling or coldness in an arm or leg
- Constant stomach pain
- Very bad headaches (or headaches that get worse) or blurred vision
- Many small bruises, red or purple spots or blood blisters under the skin

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Next Appointment: If this is your first dose and you do not already have an appointment booked for your second dose, please book your second dose with the clinic or the booking system you used to book your first dose. Bring your printed vaccine receipt to your next appointment.

Date of next appointment: _____

Remember: Even after you get your vaccine, you need to keep doing these things to protect yourself and others:

- Wash your hands often (for 20 seconds with soap and water).
- Wear a mask.
- Stay 6 feet away (about two arms' length) from other people.
- Cough or sneeze into your elbow or a tissue (not your hands).
- If you feel sick, stay away from other people, and get tested for COVID-19.

Do not get any other vaccines, except for your second COVID-19 vaccine dose, for at least 28 days (unless your health care provider tells you it's okay).