

# COVID-19 mRNA Vaccine After Care



## What should I expect after my vaccine?

**Please sit and wait until:** \_\_\_\_\_ Let us know if you don't feel well 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.

Symptoms of a serious reaction can include:

- 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

**Next Appointment:** If you need to have another dose of COVID-19 vaccine, please;

- Call or go to a pharmacy to see if they are giving vaccinations
- Call your family doctor or health care provider
- Go to the Health Unit website [www.hkpr.on.ca](http://www.hkpr.on.ca) for a list of clinics and how to book an appointment
- Call the Health Unit at 1-866-888-4577 ext. 5020 to find out where clinics are and how to book an 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

Talk to your health care provider about getting other vaccines at the same time as your next COVID-19 vaccine.