

# WHAT TO EXPECT

## After a COVID-19 Vaccination (Moderna or Pfizer)

A COVID-19 vaccination will help protect you from getting COVID-19. Here you will find information for people who have received a COVID-19 vaccine.



### Common Side Effects:

You may feel some side effects after getting the vaccine. This is a normal sign that your body is building protection. They should go away after a few days.

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

- Pain
- Swelling

#### Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

If you get a COVID-19 vaccine and 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, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. Taking these medications after you get the vaccine will not reduce its' effectiveness.

#### 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 doctor:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or don't seem to be going away after a few days
- If you have any questions or concerns



### Remember:

- **For the vaccine to work, you'll need 2 shots.** 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.
- **You'll receive a vaccination record card** after your 1st dose. Keep this card in a safe place. It contains important information about the brand of vaccine you received and instructions for the 2nd dose.
- **It takes time for your body to build protection after any vaccination.** COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- **To help stop the pandemic you should continue to:**
  - Cover your nose and mouth with a mask
  - Avoid close contact with others outside your household
  - Wash hands often
  - Clean and disinfect surfaces
- If your temperature is \_\_\_\_\_ 'F or \_\_\_\_\_ 'C or higher or if you have questions, call your doctor.

Tell your doctor about: \_\_\_\_\_  
 \_\_\_\_\_

Use your smartphone to tell the CDC about any side effects after getting the COVID vaccine. You'll also get second dose reminders. Visit v-safe at [vsafe.cdc.gov](https://vsafe.cdc.gov)



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