

# DON'T FORGET



**FULLY VACCINATED**  
=  
**2 WEEKS AFTER**  
**YOUR FINAL SHOT**

It takes time for your body to build immunity after any vaccination. COVID-19 vaccines may not protect you until two weeks after your second shot (Moderna and Pfizer) or first shot (Johnson & Johnson).

# What to Expect After the COVID-19 Vaccine

## References

CDC Possible Side Effects After Getting a COVID-19 Vaccine  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

What to Do if You Have an Allergic Reaction After Getting A COVID-19 Vaccine  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html>

Your COVID-19 Vaccine Appointment  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html>

# Common Side Effects

On the arm where you got the shot:



- Pain
- Redness
- Swelling

Throughout the rest of your body:



- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.

You should get the second shot (if it is a 2 shot series) even if you have side effects after the first shot, unless your PCM tells you not to get it.

# When to call your PCM

If you think you might be having a **severe allergic reaction** after leaving the vaccination site

**>>> Call DSN 911 or 098-911-9111 from a cell phone**

If your side effects do not seem to be going away 48 hours or if the redness or tenderness where you got the shot increases after 24 hours

**>>> Contact your PCM**

If you experience:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell
- Sore throat

**>>> Call COVID Care Line 098-971-9691**

# Most Side Effects Can Be Managed At Home

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.

## WHAT ABOUT MEDICATIONS?

You may also take over the counter medications to manage the pain and discomfort from the vaccine

**-OR-**

Talk to your IDC/PCM for pain medication recommendations