

# What to Expect After Getting Your COVID-19 Vaccine



## COMMON SIDE EFFECTS

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

- Pain
- Redness
- Swelling

### Throughout the rest of your body:

- Tired
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

## HELPFUL TIPS

If you have pain or discomfort after getting your vaccine, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

### 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 THE DOCTOR

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

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

## REMEMBER

- You may have some side effects, which are normal signs that your body is building protection. They should go away in a few days. Some people have no side effects.
- With some COVID-19 vaccines, you will need 2 shots in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or doctor tells you not to.
- You will only need 1 shot of the viral vector COVID-19 vaccine, Johnson & Johnson's Janssen COVID-19 vaccine.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until two weeks after your second shot. For COVID-19 vaccines that require 1 shot, it takes about two weeks after vaccination for your body to build protection.
- After you are fully vaccinated, you can start doing some things you had stopped doing because of the pandemic.

## FACTS ABOUT THE COVID-19 VACCINE

### It will protect you from getting sick with COVID-19

COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

### It cannot make you sick with COVID-19

None of the authorized and recommended COVID-19 vaccines in the U.S. contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

### It will NOT alter your DNA

COVID-19 vaccines do not change or interact with your DNA in any way.

### mRNA vaccines are new, but not unknown

Researchers have been studying and working with mRNA vaccines for decades. mRNA vaccines have been held to the same rigorous safety and effectiveness standards as all other types of vaccines in the United States.