

WHAT TO EXPECT AFTER RECEIVING THE COVID-19 VACCINE

- **Localized Pain:** The most common side effect is pain, swelling or redness at the injection site or surrounding area. Those symptoms usually resolve on their own in 1-2 days.
 - Applying ice or a cold pack to the area will help. Ice can be applied for 10-20 minutes every hour.
 - To reduce arm soreness, it helps to keep moving your shoulder and use your arm as normally as possible. Be aware that limiting the movement of your arm/shoulder may slow the discomfort from going away and cause unwanted shoulder stiffness.
 - You may take an over-the-counter pain reliever for the discomfort that you would usually take for other pain or headaches. Make sure to read the label for dosing instructions and precautions.
- **Generalized Symptoms:** Some individuals may develop a fever, headache, joint pain, nausea/vomiting or general fatigue for 1-2 days. This is usually a sign that the vaccine is working.
 - If you have a fever over 100 degrees, you may take an OTC fever reducer such as acetaminophen or ibuprofen, making sure to read the label for dosing instructions and precautions. You should also drink plenty of fluids and dress lightly.
 - If you develop any fever in the 48 hours following the COVID-19 vaccine, you may continue to work if you feel able to do so safely.
- **Mild itching or hives** that appear within 1-2 days after the vaccine may be treated with an OTC antihistamine such as diphenhydramine (Benadryl) or cetirizine (Zyrtec). Be sure to read the label for dosing instructions and precautions, including possible sedation.
- **If you experience any difficulty breathing, facial/throat swelling, feeling faint/dizzy or a rapid heart rate at any time after receiving the COVID-19 vaccine, seek medical attention immediately.**
- In clinical trials, most recipients noticed more side effects after their second dose than the first.
- **Call Primary Care Provider:**
 - If you have any questions about your COVID-19 vaccine or side effects.
 - If you have injection site pain, redness or swelling that lasts more than 3-4 days.
 - If you develop a rash that covers most parts of your body.
 - If you have a fever over 100 degrees that lasts more than 2 days, or a fever over 104 degrees at any time.
 - If you have any concerning symptoms after receiving the vaccine, but especially report anything that does not go away after one week.
 - If you needed to see a medical provider for side effects, received any medical treatment other than OTC medications, or if side effects have kept you from working.