

FIGHT COVID-19 GET VACCINATED

What To Expect After Getting A COVID-19 Vaccine

The COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common Side Effects:

- On the arm where you got the shot: Pain, swelling, redness
- Throughout the rest of your body: Fever, chills, tiredness, headache, nausea, muscle pain

Helpful Tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. Children should not be given aspirin for pain or fever.

To reduce pain and discomfort where you get 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 health care provider if:

- The redness or tenderness where you got the shot increases after 24 hours
- Your side effects are worrying you or do not seem to be going away after a few days
- If your child is experiencing any chest pain or difficulty breathing, you should seek care right away

Remember:

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. 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 it.
- 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 a week or two 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.
- Everyone should continue to use all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

For questions about the COVID-19 vaccine, please call the Queen's COVID-19 Vaccination line at 808-691-2222 or visit <https://covid.queens.org/vaccine>