

After Your COVID-19 Vaccination: What you should know

What can I expect after my COVID-19 vaccination?

Many people have symptoms after getting their COVID-19 vaccination (shot). Each person's body will react to the shot differently. Most symptoms will only last 1 or 2 days and should not affect your daily activities.

Some symptoms you can expect include:

- Fever
- Chills
- Muscle aches
- Joint pain
- Fatigue (extreme tiredness)
- Headaches
- Small swollen bumps (called lymph nodes) in the same arm as the injection
- Injection site redness, pain or swelling

Do not try to avoid these symptoms by taking medications to treat them before your shot.

Taking medications such as acetaminophen [uh-seat-uh-MIN-oh-fen] (Tylenol) or ibuprofen [eye-byoo-PRO-fen] (Advil, Motrin) before you get your shot may change how well it works.

If you have any of the symptoms listed above, you should still get a second COVID shot to make sure you are fully protected. Getting a vaccine will not cause a positive COVID-19 test.

If you got your first dose of the COVID vaccine while hospitalized, you will need to get a second dose after you go home.

If you're unable to return to an Intermountain location for a second dose, access vaccine locations and schedule your second-dose appointment at vaccines.gov or by calling 1-800-232-0233.



Use v-safe to report your symptoms

V-safe is a smartphone-based tool from the CDC where you can report any symptoms from your vaccine. If you need a second shot, it will send you a reminder.

Scan the code to learn more about v-safe, or sign up at cdc.gov/vsafe.



When is it safe to treat my symptoms?

After your shot, you may want to treat your symptoms if they get in the way of your daily activities. To treat your symptoms, follow these recommendations:

- **For fever, aches, chills and headache:** Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) as directed. **Do not use aspirin.** Drink plenty of fluids. Dress lightly.
- **For injection site redness, pain or swelling:** Place a cold pack on the site. Be sure to put a towel between the cold pack and your skin to prevent skin damage from the cold. Exercise your arm to avoid stiffness.

Healthcare provider: Circle the correct vaccine and enter the date received (and date of next dose if applicable).

You received the Pfizer / Moderna / Johnson & Johnson vaccine on _____.

Your need to get your second dose on or after _____.

When should I call my healthcare provider?

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

- You develop hives or a rash
- The redness or tenderness where you got the shot gets worse after 24 hours
- Your side effects are worrying you or do not seem to be going away after a few days

If you have any of the following symptoms, call 911 or go to the nearest emergency department:

- Trouble breathing
- Swelling in the throat
- Wheezing or whistling breath
- Problems with swallowing
- Passing out

Other signs of a possible allergic reaction include the symptoms below. Call if you have:

- Itching
- Warm or red face
- Dizziness
- Weakness
- Diarrhea
- Nausea (feeling sick to your stomach)
- Vomiting
- Abdominal (belly) cramps

All of the symptoms listed above will usually show up within 4 hours of getting your shot. If you have any of these symptoms, call your doctor's office or Connect Care, or go to the nearest urgent care clinic.

Remember:

- **Side effects from the vaccine can feel like the flu.** You may need to rest for 1 to 2 days. These symptoms will go away in a couple days.
- **You may need to have 2 shots in order for the vaccination to work.** Unless your doctor says not to, be sure to get the second shot even if you have side effects after the first shot.
- **It takes time for the vaccination to work.** You may not be protected until 2 weeks or so after the second shot (or first shot, if you only need one).
- **Continue to wear a face mask.** Wash your hands regularly. Avoid crowds and keep your distance from others to prevent the spread of COVID-19. Even if you're vaccinated, it's important to do these things. Doctors don't yet know if the vaccine will keep you from passing the virus to others. They also don't know how long the vaccine will protect against the virus.
- **Your vaccination card is simply a record of which vaccine you got and when you need to get your second shot.** It is not an all-access pass that allows you to go to places like restaurants, movie theaters, or other countries.
- **You may need to delay imaging tests.** Whether you get 1 or 2 doses of the vaccine, you should wait at least 4 weeks after your final dose before having any type of breast imaging. This is because you may have swollen lymph nodes on the same side where you got your vaccine. Check with your doctor about any other imaging tests.

COVID-19 Symptoms

- Loss of taste or smell
- Cough
- A fever lasting several hours to several days
- Shortness of breath or trouble breathing
- Congestion (stuffy nose or chest)
- Sore throat
- Nausea
- Vomiting
- Diarrhea

If you have 2 or more of these symptoms, go get a COVID test.

If you test positive, or have been exposed to someone who tested positive, you should stay home and away from others in your household for at least 10 days from the start of your symptoms.

Ask your primary care provider when you can have a COVID-19 vaccination.

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