



What to Expect After Getting your COVID-19 Vaccine

Congratulations! The COVID-19 vaccine will help protect you from getting COVID-19. You may have some after-effects, which are normal signs that your body is building protection. These effects may affect your ability to do daily activities, but they should go away in 2-3 days.

Common After-Effects:

On the arm where you got the shot:



- Pain
- Soreness
- Swelling

Throughout the rest of your body:



- Fever
- Chills
- Tiredness
- Headache
- Achy Body

Helpful Tips:

If you have pain or discomfort, talk to your doctor about taking ibuprofen, aspirin, antihistamines or acetaminophen for any pain and discomfort you may experience after getting the vaccine. It is not recommended to take medicines before vaccination in order to prevent side effects, because it isn't known how these medications can impact how well the vaccine works.

To reduce pain and discomfort where you got the shot



- Place a clean, cool, wet washcloth over the area.
- Use or exercise your arm

To reduce discomfort from fever or achiness



- Drink plenty of fluids
- Dress lightly
- Get rest

When to be concerned and check with a doctor or health care provider:

- If the redness or tenderness where you got the shot gets worse after 48 hours
- If your side effects do not seem to be going away after a few days