

What to Expect After COVID-19 Vaccination

The function of the COVID-19 vaccine is to help protect you from getting COVID-19. Although you may have some side effects, they are normal signs because your body is building immunity. Sometimes, side effects may feel like the flu and may even affect your daily activities, but they should go away in a few days.

What are the common side effects and how do I manage them?

- **Pain and swelling on the arm where you got the shot:** Apply a clean, cool, wet washcloth over the area and use or exercise your arm
- **Fever, tiredness, headache:** Drink plenty of fluids, dress lightly, and rest well
- **Chills:** Check body temperature, drink plenty of warm fluids and get a lot of rest

When should I call my doctor?

- 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.

Talk to your doctor about taking over-the-counter medicine: Ibuprofen, aspirin, antihistamines, or acetaminophen.

If you think you might be having a severe allergic reaction seek immediate medical care by calling 911.



V-safe
QR Code

How do I register for V-safe; how long do V-safe check-ins last?

- Once you received the COVID-19 vaccine, you can enroll in V-safe by visiting vsafe.cdc.gov or scanning the V-safe QR code on the left.
- You will receive a text message each day to check on your condition in the first week. Messages will be sent once a week, up to 5 weeks afterward. A new 6-week check-in process will start after your second dose of the vaccine. Health check messages will also be sent in the third, sixth, and twelfth months after all vaccines are completed.
- You are required to stay enrolled in V-safe and can **opt-out at any time**.

When do I get my second shot?

Pfizer: 21 days after the first shot

Moderna: 28 days after the first shot

(The second dose may be given up to six weeks after the first dose.)

Reminder:

- With most COVID-19 vaccines, you will need two shots. Vaccines may not protect you until a week or two after the second shot.
- Get the second shot even if you have side effects after the first shot unless a vaccination provider or your doctor tells you not to.
- After vaccination, you still need to protect yourself by Wearing masks, staying six feet away from others, avoiding crowds and poorly ventilated spaces, washing your hands often.

For more information, visit www.CDC.gov



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