

# INFORMATION FROM THE CDC

## 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 include:** Pain/swelling at the injection site, fever, chills, tiredness, and headache.

**Helpful Tips:** If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

**When to Call the Doctor:** In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider if the redness or tenderness where you got the shot increases after 24 hours or if your side effects are worrying you or do not seem to be going away after a few days.

### THINGS TO 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 a second shot.
- 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.



### Even after getting the vaccine you should still

**wear a mask.** You should still 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. It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions.



If someone you know is experiencing anxiety, stress, depression, or other emotional changes due to COVID-19, help is available from our 24-hour Support Line at 1-833-993-2382. Learn more at [www.staypositivearkansas.com](http://www.staypositivearkansas.com)

24-hour Support Line: 1-833-993-2382