

After Your COVID-19 Vaccine

Checkout time: _____

It's great you got your vaccination today!

Vaccination will help protect you from serious COVID-19 illness. After vaccination, many people will have some symptoms which are a sign that your body is working with the vaccine. These symptoms may make you feel like you have the flu and may make it difficult to do some of your regular activities for 24-48 hours.

Remember

- With most COVID-19 vaccines, you will need 2 shots to be fully protected. Even if you have side effects from the first shot, it's important to get the second one unless your primary care provider or vaccination provider tells you not to.
- If 2 doses are needed, your first dose helps to protect you from serious cases of COVID-19, but you will not be fully protected until 2 to 4 weeks after your second dose. The plan for your second dose may change as we learn more about the best timing. Be sure to get your second dose as directed by the clinic or the booking system. Visit www.tbdhu.com/covidclinics and go to the section "Information for Attending your Appointment" and look under "After Your Appointment" for instructions on how to print your vaccine receipt.
- You MUST continue to follow public health measures. Even if you are vaccinated, you could still pass the virus on to someone who isn't vaccinated yet. Cover your mouth and nose with a mask when around others, practice physical distancing by staying at least 2 meters (6 feet) away from others, avoid crowds, and wash your hands often. Monitor for symptoms of COVID-19 and get tested if symptoms present.
- You can help the vaccine effort! Tell your friends and family you're happy to have gotten the vaccine and that you hope that they will get their vaccine soon too.

Side Effects

Most people will have one or a few of these side effects:

- Pain at injection site
- Tiredness
- Headache
- Fever
- Muscle or joint pain
- Upset stomach, vomiting or diarrhea
- Chills

Some people may have one or a few of these side effects

- Loss of appetite
- Dizziness or sleepiness
- Excessive sweating
- Swollen lymph nodes
- Rash or itchy skin (not at injection site)

If you have any of the serious symptoms listed below after you leave the clinic, call 9-1-1:

- Swelling of your face or mouth
- Hives
- Trouble breathing
- Very pale colour and serious drowsiness
- High fever (over 40°C)
- Convulsions or seizures
- Other serious symptoms like “pins and needles” or numbness

If you received the AstraZeneca vaccine, it can cause a very rare side effect that causes blood clots called Vaccine-Induced Prothrombotic Immune Thrombocytopenia (VIPIT). If you develop any of the following symptoms after receiving the AstraZeneca vaccine, please see a health care provider right away:

- Shortness of breath
- Chest pain
- Swelling or coldness in an arm or leg
- Abdominal pain that doesn't go away
- Severe or worsening headaches or blurred vision
- Many small bruises, red or purple spots or blood blisters under the skin.

How to treat common, minor side effects:

To reduce pain or discomfort at the injection site, apply a clean, cool, wet washcloth over the area and lightly exercise your arm.

For muscle pain and fever, you can take over-the-counter medications like Tylenol and Advil, unless there are other reasons you shouldn't take those. If you're not sure, ask your primary care provider. If you start with Tylenol or Advil and the fever doesn't go down to below 37.8°C after an hour, it's safe to try the other one an hour later to see if it works better.

If you have fever or diarrhea, make sure to drink plenty of fluids.

If you have a fever, rest and dress in light clothing to keep you cool.

If side effects aren't going away after 48 hours, call telehealth: 1-866-797-0000