

After Your COVID-19 Vaccine

Checkout time: _____

After vaccination, many people will have some symptoms which are a sign that your body is working with the vaccine. These symptoms may feel like you have the flu and may make regular activities difficult for 24-48 hours.

Remember

If this is your first dose, you will need a second dose to be fully protected (learn more here: [TBDHU.COM/2nddoses](https://tbdhu.com/2nddoses)). Some people are eligible for a third dose if they have certain medical conditions or take specific medication (check eligibility here: [TBDHU.COM/3rddoses](https://tbdhu.com/3rddoses); different than a booster).

If this isn't your booster dose, check your eligibility for a booster here: [TBDHU.com/boosterdoses](https://tbdhu.com/boosterdoses)

You are not fully protected until 14 days after your second dose; see [TBDHU.COM/2nddoses](https://tbdhu.com/2nddoses) for more info. Even if you have side effects, get all doses you are eligible for unless your healthcare provider tells you not to.

As of January 4, 2022 everyone will need an enhanced vaccine certificate with a QR code to show as proof; download it here <https://covid19.ontariohealth.ca/>. If you can't access it, call (807) 625-5900 or 1-888-294-6630 and ask about other options.

You could still pass the virus on to someone who isn't vaccinated yet so continue to: wear a mask, physical distance, clean your hands, monitor for symptoms and get tested if you have symptoms, even if mild.

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
- Chills
- Upset stomach, vomiting or diarrhea

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

- Loss of appetite
- Excessive sweating
- Dizziness or sleepiness

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

- Very pale skin colour and serious drowsiness
- High fever (over 40°C)
- Convulsions or seizures
- Other serious symptoms like "pins and needles" or numbness
- Swelling; face or mouth
- Hives
- Trouble breathing
- Chest pain or irregular heartbeat

How to treat common, minor side effects:

- Reduce pain/discomfort at injection site; apply a clean, cool, wet washcloth over the area and lightly exercise your arm.
- Take over-the-counter medications for muscle pain and fever, including Tylenol and Advil, unless there are other reasons you shouldn't take them. Ask your health care provider if unsure. Follow the instructions on the medications.
- Drink plenty of fluids if you have fever or diarrhea.
- Rest and dress in light clothing to keep you cool if you have a fever.
- Call Telehealth at 1-866-797-0000 if side effects aren't going away after 48 hours.