

What to expect after getting a COVID-19 Vaccine



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

Side effects may happen after any dose of the COVID-19 vaccine.

- **On the arm where you got the shot:**
 - Pain
 - Swelling
- **Throughout the rest of your body:**
 - Fever
 - Chills
 - Tiredness
 - Headache

How to treat common side effects

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

- **To reduce pain and discomfort where you got the shot:**
 - Apply a clean, cool, wet washcloth over the area
 - Use or exercise your arm
- **To reduce discomfort from fever:**
 - Drink plenty of fluids
 - Dress lightly

When to call Employee Health

- 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.

After the vaccine:

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not fully protect you until a week or two after your second shot.
- Even after you are vaccinated, it is still possible to be infected. It is important to still wear a mask around people that are not from your household, avoid gathering indoors, wash your hands frequently, and keep yourself healthy.

If you think you are having an allergic reaction such as trouble breathing, a bad rash, or swelling of your face and throat, call 911.

Sign up for V-Safe, CDC's after vaccination health checker

On your smartphone, get text messages checking in on your health, any side effects from the vaccine, and reminders for your second vaccine dose.

cdc.gov/vsafe



What to do if you experience post COVID-19 vaccine symptoms

We know there may be some side effects after receiving each of the COVID-19 vaccines. Please refer to the chart below for guidance should you have any symptoms.

Appropriate to report to work even if you have the following symptoms:

24 to 48 hours after receiving the COVID-19 vaccine.

- Pain in injection site
- Injection site swelling
- Injection site redness
- Tiredness
- Headache
- Chills
- Joint pain
- Feeling unwell
- Swollen lymph nodes
- Temperature less than 100 degrees (low grade fever)

DO NOT report to work if you have the following symptoms:

24 to 48 hours after receiving the COVID-19 vaccine.

- Cough
- Sore throat
- Vomiting
- Diarrhea
- Temperature equal to or greater than 100 degrees (fever)

If you do have these symptoms, please report them to Employee Health at **EmployeeHealth@AltaMed.org** or call **(323) 765-6153** to determine if quarantine is required and if you have any questions.

#oneshotatatime

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