

What to expect after getting a COVID-19 vaccine.

COVID-19 vaccination will help protect you from getting COVID-19. You may experience some side effects, which are normal signs that your body is building protection, but they should go away in a couple of days. Most people do not have serious problems after being vaccinated, and older adults are less likely to have serious side effects vs. younger people.

Common side effects

On the arm where you got the shot:



Pain



Swelling

Throughout the rest of your body:



Fever



Chills



Tiredness



Headache

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
- If your side effects are worrying you or do not seem to be going away after a few days

Helpful tips

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

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.

Remember

- You may not experience any side effects at all and that is ok, it does not mean that the vaccine is not working.
- Side effects may feel like flu symptoms and even affect your ability to do daily activities, but they should go away in 1-2 days. Dose two side effects may be stronger.
- 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 otherwise.
- COVID-19 vaccines that require 2 shots may not protect you until 1-2 weeks after your second shot, as it takes time for your body to build protection after any vaccination.
- Continue covering 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.

What to expect with my second dose?

You should have received a date and time to return to the same Oak Street Health location for your second dose of the COVID-19 vaccine.

It is very important that you make it to your next visit on the date scheduled. Your second dose must be administered during a specific window of time in order for your vaccine to work. The first dose starts building protection, but you need to come back a few weeks later for the second one. If you only get one dose, immunity is not guaranteed.

Concerned about your side effects?

If you are an Oak Street Health patient, call us first at **888-701-5913** if you are not feeling well. If you are not an Oak Street Health patient, contact your primary care physician first or go to a local urgent care clinic.

