

# Vaccine after care fact sheet

## What should I do right after getting the vaccine?

- You should **wait for 15 minutes after receiving your vaccine** to be sure you are feeling well. You will be asked to wait in the clinic as advised by clinic staff. Longer waiting times of 30 minutes may be recommended if there is a concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these events should they occur.
- **Inform the clinic staff** if you feel unwell while waiting.
- If waiting inside the clinic, be sure to **leave your mask on and remain at least 2 metres away from others.**
- Use the **alcohol-based hand rub to clean your hands** before leaving the clinic.
- **Do not operate a vehicle** or other form of transportation for at least 15 minutes after being vaccinated or if you are feeling unwell.

## What should I expect in the next few days?

- Side effects can develop in the day or two after getting the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for a day or two. These side effects will go away on their own.
- After getting the vaccine, some of the following side effects may occur:
  - pain at the injection site, redness
  - hives
  - fatigue
  - headache
  - muscle pain or joint pain
  - chills
  - fever
  - swollen glands
  - diarrhea
  - nausea/vomiting
  - swollen glands in your underarm.
- A cool damp cloth where the vaccine was given may help with soreness and, if needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever.
- Severe reactions after getting the vaccine are rare. However, **if any of the following adverse reactions develop within 3 days of receiving the vaccine, seek medical attention right away or call 911:**
  - hives
  - swelling of the face or mouth
  - trouble breathing
  - very pale colour and serious drowsiness
  - high fever (over 40°C)
  - convulsions or seizures
  - other serious symptoms (e.g.: 'pins and needles' or numbness).

- Any serious side effects after vaccination should be reported to Peel Public Health.
- If you are concerned about any reactions you experience after receiving the vaccine, contact your healthcare provider. You can also contact your local public health unit to ask questions or report an adverse reaction.
- If you still need to receive your second dose, tell the person providing the second dose about any side effects you experienced.

## When should I return for my second dose of vaccine?

- Ensure you return for your second dose. You must get the same vaccine for your second dose. Make an appointment before you leave the clinic to ensure you receive the second dose at the right time.
  - If you received the Pfizer-BioNTech COVID-19 vaccine today, return in 21 days for your second dose.
  - If you received the Moderna COVID-19 vaccine today, return in 28 days for your second dose.

It is very important that you receive the second dose on the time even if you experience mild side effects after the first dose, in order to get the best protection against COVID-19.

## Things to remember after you receive the vaccine

- It's important to **continue with public health measures** such as physical distancing, washing your hands or using hand sanitizer often, wearing a mask and limiting/avoiding contact with others outside your household.
- Do not receive any other vaccines (except for your second COVID-19 vaccine) until you have received both doses of the COVID-19 vaccine and at least 28 days have passed after the second dose (unless considered necessary by your health care provider).
- If you are planning to become pregnant, you should speak to your primary care provider.

**Keep this sheet and your printed COVID-19 Immunization receipt from the vaccination today** in a safe place. Bring the COVID Immunization receipt with you for your second dose of vaccine.

The information in this document is current as of January 6, 2021

Adapted with permission from the Ontario Ministry of Health.

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**For more information, talk to your health care provider or visit [peelregion.ca/coronavirus](https://peelregion.ca/coronavirus)**

