

COVID-19 mRNA Vaccine After Care

What should I do after receiving the vaccine?

Wait for **at least 15 minutes** to monitor for an allergic reaction.

Serious side effects like allergic reactions following vaccination are rare.

If you develop **any** of these symptoms, tell the nurse or a clinic worker right away:

- Hives – itchy bumps on your skin
- Swelling of the face, tongue or throat
- Difficulty breathing
- Feel suddenly unwell

Nurses are trained to provide care for this type of reaction if it does occur.



Keep your face mask on and keep 2 meters (6 feet) away from people you don't live with (and the nurse).



Clean your hands with alcohol-based hand rub before leaving the facility.



Do not operate a vehicle for at least 15-30 minutes after being vaccinated or if you are feeling unwell.

What kind of side effects can I expect?

Side effects can develop **a day or two** after getting vaccinated.

Common side effects are not serious to your health, but may make you feel unwell.

These common side effects are a sign the vaccine is working and should go away on their own:

- Pain and/or swelling where the needle is given – applying a cool damp cloth or ice pack may help.
- Possibly tiredness, headache, muscle pain, joint pain, chills or fever.
- Swollen lymph nodes in the arm pit near the injection site. These can last for several days.

If needed, pain or fever medication may help. Talk to your health care provider for advice about medication.

If you have concerns about any symptoms you develop after you return home, call your Community Health Nurse or Health Line 811 for advice. If any serious side effects develop, call 911 Immediately.

When should I return for my second dose of vaccine?

- Your second dose will be **due 21-28 days after the first**.
- It is important to return for the second dose to ensure you receive adequate protection from the vaccine.

Important Things to Remember:

Tell other health care providers you received the vaccine. It is important **not** to receive other vaccines until 28 days after your second dose of vaccine, without specific orders from a physician.



Continue following Public Health Guidelines