

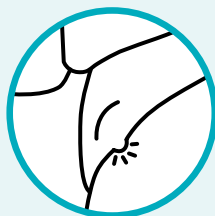
### What to expect over the next few days:

#### Possible side effects

Side effects are common a day or two after getting the COVID-19 vaccine. These can include:



**Pain, redness, itching or swelling**  
right away and/or  
7 days after



**Swollen lymph nodes under armpit**



**Tiredness or headache**



**Fever and chills**



**Muscle or joint soreness**



**Nausea and vomiting**

#### TIPS FOR SIDE EFFECTS

**Painful areas:** apply a cool damp cloth or a wrapped ice pack.

**Discomfort from side effects:** take medication such as acetaminophen (Tylenol®) or ibuprofen (Advil®). ASA (e.g., Aspirin®) should not be given to anyone under 18 years of age. If you are pregnant, do not take ibuprofen (Advil®). Treat discomfort or fever with Tylenol® instead.

Most side effects are not serious and should go away on their own.

#### Symptoms to look out for

- Some of the side effects of the vaccine are similar to symptoms of COVID-19. The vaccine will NOT cause or give you COVID-19.
- Symptoms such as a sore throat, runny nose, or cough are NOT side effects of the vaccine.
- If you experience ANY symptoms of COVID-19, use the BC COVID-19 Self-Assessment tool at [bc.thrive.health/covid19/en](https://bc.thrive.health/covid19/en)
- If you are worried, contact your health care provider or call 8-1-1.
- Serious side effects after receiving the vaccine are rare. If you develop any serious side effects or a severe allergic reaction (including hives, swelling of your face, tongue or throat or difficulty breathing), seek medical attention or call **9-1-1** right away. Tell them you've received a COVID-19 vaccine.

### Returning for the 2<sup>nd</sup> dose of vaccine

- People who get their 1<sup>st</sup> vaccine dose will be notified by email, text or phone when they are eligible to book an appointment for their 2<sup>nd</sup> dose. Be sure to register with Get Vaccinated at [gov.bc.ca/getvaccinated](http://gov.bc.ca/getvaccinated). You can still register after receiving your 1<sup>st</sup> dose and will be notified when you can get your 2<sup>nd</sup> dose.
- Bring your immunization record with you. An online record will also be available on Health Gateway. Register at [www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca)

### Things to remember

- It will take 2-3 weeks after getting the 1<sup>st</sup> dose to build immunity to the virus. If you are exposed to someone with COVID-19 before or during this time, you can still get COVID-19. You will be best protected once you have received all of the recommended doses in the vaccine series.
- You might be contacted to participate in safety monitoring for COVID-19 vaccines. For more information, go to [canvas-covid.ca](http://canvas-covid.ca)

### Continue to follow public health guidelines after you are vaccinated



Stay 2 metres  
(6 ft) apart



Clean your  
hands often



Wear a  
face mask

### Rare events after getting a vaccine

If you experience any of these symptoms:

- 1 Seek medical attention right away
- 2 Bring COVID-19 immunization record

#### AstraZeneca/COVISHIELD or Janssen vaccine

Rare cases of serious blood clots and/or bleeding have been reported.

Monitor for 4 to 28 days after vaccine:

- Severe headache that does not go away
- Seizure
- Difficulty moving part of your body
- Blurry vision that does not go away
- Difficulty speaking
- Shortness of breath
- Chest pain
- Severe abdominal pain
- New severe swelling, pain, or colour change of an arm or a leg
- Abnormal bruising, reddish or purple spots or blood blisters under the skin

#### Pfizer or Moderna vaccine

Rare cases of heart inflammation have been reported.

Monitor for 7 days after vaccine:

- Chest pain
- Shortness of breath
- Feeling of a fast-beating, fluttering, or pounding heart that does not go away with rest or is accompanied by other symptoms