

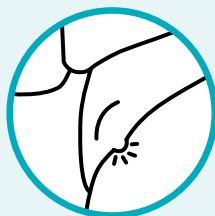
What to expect over the next few days:

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
- 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 2nd dose of vaccine

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

Things to remember

- It will take 2-3 weeks after getting the first 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 might be contacted to participate in safety monitoring for COVID-19 vaccines. For more information, go to 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