

# What to expect after your 2nd DOSE OF COVID-19 VACCINE

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like the flu** and may even **affect your ability to do daily activities**, but they should go away in a few days.

## You may have side effects from the vaccine.

Common side effects are:

- Pain, swelling, or redness on the arm where you got your shot
- Tiredness
- Headache
- Chills
- Muscle or joint pain
- Fever
- Nausea or vomiting

While rare, some people may have a severe allergic reaction after getting the vaccine. This is why the CDC recommends people be monitored immediately after getting a COVID-19 vaccine.

## HELPFUL TIPS:

If you have pain or discomfort, talk to your healthcare provider about taking an over-the counter medicine, such as ibuprofen or acetaminophen.

### To reduce 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

You can use **V-Safe** to tell the CDC about any side effects you may experience. V-Safe is an optional smartphone tool that uses text messages and web surveys to provide personalized check-ins. Learn more and register at [cdc.gov/vsafe](https://cdc.gov/vsafe).



## Should I call the doctor?

In most cases, discomfort from fever or pain is normal and will go away after a few days.

Contact your healthcare provider:



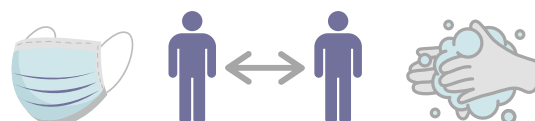
If the redness or tenderness where you got the shot increases after 24 hours.



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

## Continue taking prevention steps to stop COVID-19 from spreading.

It's important for everyone to continue using all the tools available to slow the spread of COVID-19, like wearing masks, practicing social distancing, and washing our hands.



### REMEMBER:

- It takes time for your body to build protection after a vaccine. You may not be protected from COVID-19 for a couple of weeks after your second shot.
- Experts need to understand more about how COVID-19 vaccines keep us safe from this virus before changing prevention recommendations.

**For more information about COVID-19: [www.covidvax.alaska.gov](https://www.covidvax.alaska.gov)**