

Think About It...

Side effects are signs that the vaccine is working, and the immune system is building protection against infection

It may be hard to tell the difference between side effects from the vaccine and symptoms of COVID-19.

Side effects are normal signs that the body is building protection. They may feel like flu and may even affect the ability to do daily activities, but they should go away in a few days.

Common Side Effects

On the arm where the shot was given:

- Pain
- Swelling

Throughout the rest of the body:

- Nausea
- Tiredness
- Fever
- Headache
- Chills

Helpful Tips to Manage Side Effects

Speak to your doctor about taking over-the-counter medication such as ibuprofen or acetaminophen **AFTER** your vaccine.

To reduce pain and discomfort on the arm where the shot was given:

- Apply a clean, cool, wet, washcloth over the area
- Use or exercise your arm

To reduce discomfort from other side effects:

- Drink plenty of fluids
- Dress lightly

When to Call the Doctor

- If the redness or tenderness where you got the shot increases after 24 hours
- If side effects are not going away after a few days

Simple Strategies for Side Effects of the COVID-19 Vaccine