



COVID-19 Vaccine Aftercare

Prepared by Southwestern Public Health in partnership with Ontario's Ministry of Health

Today you have been provided one dose of COVID-19 vaccine. A second dose is required to complete the vaccine series.

What to Do Immediately After Vaccination:

- Wait for 15 minutes after being vaccinated to be sure you are feeling well. If you have severe allergies or reactions to injectable medications or vaccines, you will be asked to stay for 30 minutes. If anaphylaxis were to occur after vaccination, it typically happens within 15 minutes of receiving the vaccine. Wait in the clinic and check out with clinic staff before you leave.
- Inform the clinic staff **immediately** if you feel unwell while waiting.
- Be sure to **leave your face covering on** and **remain at least 6 feet away from others**.
- Use hand sanitizer to clean your hands before leaving the clinic.
- Do not operate a vehicle or other form of transportation until the 15-minute waiting time has ended, or if you are feeling unwell.

What to Expect in the Coming Days:

- Similar to other vaccines or medications, the COVID-19 vaccine can cause side effects. Not everyone will experience side effects, and most are minor or not long-lasting.
- Examples of **common side effects**:
 - Pain at injection site, redness, or swelling
 - Tiredness
 - Headache
 - Muscle pain, or joint pain
 - Chills, or fever
- If you have received the Pfizer-BioNTech or Moderna vaccine and you develop any of these very rare symptoms, seek medical attention:
 - Chest pain
 - Shortness of breath
 - Heart palpitations or racing/abnormal heart rhythm
- A cool damp cloth where the vaccine was given may help soreness. If needed, pain or fever medication (e.g. acetaminophen or ibuprofen) may help.
- Serious side effects are rare. However, if you develop signs of an allergic reaction, seek medical attention right away or call 9-1-1 if you feel severely unwell.
- Give your child lots of liquid to drink; it's normal for some children to eat less during the 24 hours after getting a vaccine.
- Examples of **serious side effects** (called adverse events):
 - Hives (bumps on the skin that are very itchy)
 - Swelling of the face, tongue, or throat
 - Difficulty breathing



What to Expect in the Coming Days:

- After accessing care for an adverse event, your health care provider will inform Southwestern Public Health of any serious side effects after vaccination.
- If you are concerned about any reaction you experience after vaccination, contact your health care provider. You can also contact Southwestern Public Health to report it.
- Reports of adverse events following immunization are sent to Public Health Ontario and to the Public Health Agency of Canada.

Things to Remember After Vaccination:

- Continue to follow all public health recommendations to prevent the spread of COVID-19 – wear a face covering, wash your hands, stay 6 feet away from others, avoid contact with people you do not live with, and stay home if you are sick. These measures will persist until enough vaccinations have been administered to protect our community from this virus.
- Ensure you return for your second dose of the COVID-19 vaccine in the timeframe indicated by the clinic staff.
- Make an appointment or follow the instructions from your health care provider to ensure you receive the second dose at the right time. It is very important you receive this second dose on time, even if you experience mild side effects after the first dose, in order to get the best protection against the COVID-19 virus.

Do not throw out this information sheet (or any other immunization record).

To download your digital enhanced vaccination receipt go to: covid19.ontariohealth.ca. If you do not have a health card, call **1-833-943-3900** and have your client ID ready.

Appointment Date and Time for Second Dose:

This guidance provides basic information only. It is not intended to take the place of medical advice, diagnosis or treatment, level advice, or legal requirements. Please check the Ministry of Health COVID-19 website regularly for updates to this document, list of symptoms, and other information. Search online: “Ontario Ministry of Health COVID-19 Vaccine Information Sheet” for details.