



# After Your Covid-19 Vaccine

A Guide to Post-Vaccination

# In the Days Following Vaccination

- Like other vaccines or medications, the COVID-19 vaccine can cause side effects. Not everyone will experience these, 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
- A cool damp cloth may help soreness, and pain or fever medication (e.g. acetaminophen or ibuprofen) can help.
- Do not give children under 12 ASA medication (e.g. Aspirin).
- Give children lots of liquids to drink; it is normal for some children to eat less food during the 24 hours after vaccination.

# Rare Serious Side Effects

- Serious side effects are rare.
- If you experience any of the below, seek medical attention right away:
  - Hives (bumps that are very itchy)
  - Swelling of the face, tongue, or throat
  - Difficulty breathing
  - Very high fever (over 40C)
  - Blurred vision or severe/worsening headache
  - Multiple small bruises, red or purple spots on skin
- Additional very rare side effects that require urgent medical attention:
  - Chest pain or persistent abdominal pain
  - Shortness of breath
  - Heart palpitations or racing/abnormal heart rhythm

# Continue to Follow Public Health Measures

- This vaccine is one additional way to protect yourself against COVID-19. Continue to follow public health measures to prevent spreading COVID-19.
- Measures include:
  - wearing a face covering or mask
  - staying 6 feet or more away from others
  - avoiding close contact with people you do not live with
  - staying home when sick
  - washing or sanitizing your hands often
- These measures will continue until enough vaccinations have been delivered to protect our community from this virus.

# Your Second Dose & Vaccination Receipts

- You are not fully immunized until you have completed both doses of the COVID-19 vaccine.
- It is very important that you receive your second dose in the timeframe indicated, even if you experienced mild side effects after the first dose.
- Individuals can safely receive different COVID-19 vaccine brands to complete their immunization series.
- If you were vaccinated outside of Ontario or Canada, bring your first dose vaccination receipt to your appointment.
- Download your digitally-enhanced vaccination receipt at [covid19.ontariohealth.ca](https://covid19.ontariohealth.ca). If you do not have a health card, call 1-833-943-3900 and have your client ID ready.