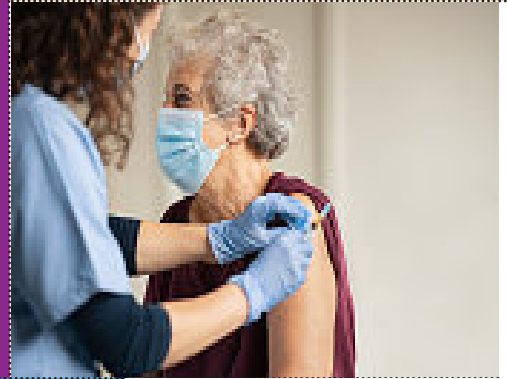


# After the Vaccine: What to Expect

Created by Lea Moser, MPH

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



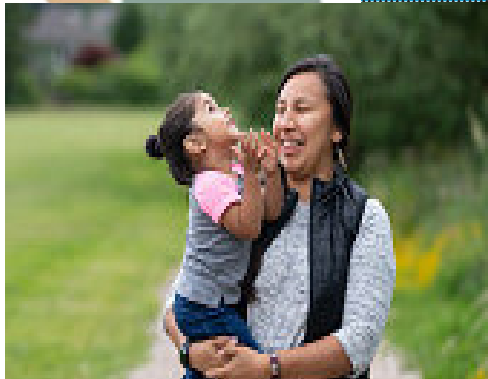
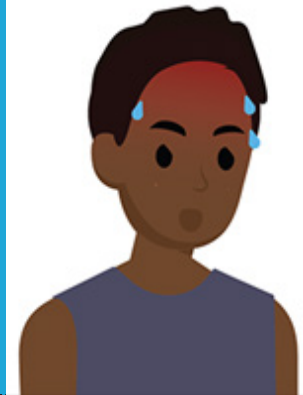
## Common Side Effects:

On the arm where you got the shot:

- Pain and Swelling

Throughout your body:

- Fever, chills, tiredness, and headaches



## Helpful Tips:

To reduce pain and discomfort where you got shot:

- Apply a clean, cool, wet washcloth over the area
- Exercise the arm

Reduce discomfort from fever:

- Drink plenty of fluids and dress lightly

It is not recommended that you take ibuprofen, aspirin, antihistamines, or acetaminophen for the purpose of trying to prevent side effects, because it is not known how these medications may impact how well the vaccine works. Additionally, anti-inflammatories work against the vaccine, so avoid them up to a week after the vaccine. Those with the second dose tend to experience more side effects as the body is prepared from the first dose.

Sources: Centers for Disease Control and Prevention (CDC)