Vaccine Aftercare

What You Can Expect Next & At Home Care

The Urban League of Metropolitan Seattle thanks you for your commitment to getting us one step closer toward a safer community! This insert includes what you can expect to happen next now that you have begun the vaccine process, and tips for general observation and care.

Expected Symptoms:

While some people who get the vaccine experience no symptoms, others may feel:

- Soreness, redness, or itching at the injection site
- Tiredness or headache
- Fever or chills
- Muscle tension

These symptoms are a normal sign that your body is building protection against the virus. Any discomfort you experience should go away in a few days.

When to Call the Doctor

If the redness or tenderness where you got the shot gets worse after 24 hours. If your side effects are worrying you or do not seem to be going away after a few days.

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Tips for Easing Symptom Discomfort at Home

- Dress lightly *(avoid constricting clothing)*
- Get plenty of rest & drink lots of fluids
- Talk to your doctor about taking over-the-counter medicine, such as ibuprofen or acetaminophen
- In areas with pain, apply a cold compress with a damp cloth or ice pack

Side Effects of Concern

The following are rare, but serious vaccine side effects:

- Severe allergic reaction
- Rare blood clots

If you experience any of these side effects, please notify your healthcare provider immediately.

Don’t Forget

If this is your first dose (of Pfizer or Moderna), follow-up with the agency/location where you received it and make sure you have your second dose scheduled.

You are considered fully vaccinated **two weeks after the second dose** of Pfizer or Moderna or **two weeks after receiving one dose** of Johnson & Johnson.

Until you are fully vaccinated, continue social distancing, washing your hands often, and wearing a face mask in public spaces.

For more information: urbanleague.org/black-health-matters

*** all information sited can be found on cdc.gov ***