

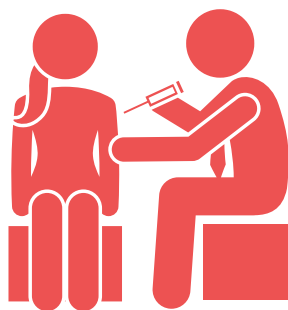
COVID-19 VACCINE

SIDE EFFECTS



Side effects from the COVID-19 vaccine are normal signs that your body is building protection from the virus. They will be unpleasant for some, especially the second dose, but they are temporary.

COMMON SIDE EFFECTS



- Fever
- Chills
- Tiredness
- Headache
- Muscle pain
- Joint pain
- Nausea
- Tenderness, swelling, redness or pain at the injection site

HELPFUL TIPS

To reduce pain and discomfort where you got the shot:

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

To reduce discomfort from fever

- Drink plenty of fluids
- Dress lightly

CONTACT YOUR DOCTOR

- If the redness or tenderness where you got the shot increases after 24 hours.
- If your side effects worry you or do not seem to be going away after a few days.
- If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

**WASHOE COUNTY
HEALTH DISTRICT**

ENHANCING QUALITY OF LIFE

REMEMBER

- The second dose will likely give you more symptoms than the first.
- The symptoms are normal; your immune response is reacting to help protect you.
- If symptoms worsen, contact your doctor and get a COVID-19 test (you might have had it prior to the vaccine).
- The vaccine will not give you COVID-19.
- Consult your doctor with any issues.

SEVERE ALLERGIC REACTION

If you think you might be having a severe allergic reaction after leaving the vaccination site, **seek immediate medical care by calling 9-1-1:**

- **Fast heart beat**
- **Rash all over body**
- **Difficulty breathing**
- **Dizziness and weakness**
- **Swelling of face and throat**



MORE INFORMATION

- www.covid19washoe.com
- www.cdc.gov/coronavirus
- Moderna: 1-866-MODERNA (1-866-663-3762)
- Pfizer: 1-877-VAX-CO19 (1-877-829-2619)



v-safeSM
after vaccination
health checker



Use your smart phone to tell CDC about any side effects after getting the COVID-19 vaccine:
www.cdc.gov/vsafe