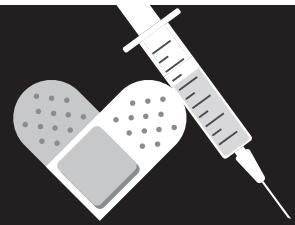


# COVID-19 VACCINE AFTERCARE



## WHAT TO DO RIGHT AFTER RECEIVING THE VACCINE:

- Please stay in the designated monitoring area for **at least 15 minutes** and **inform the pharmacist** right away if you are feeling unwell. While waiting, continue to follow health and safety precautions by **wearing a mask and keeping a distance of at least 2 metres** from anyone not belonging to your household.
- Use an **alcohol-based sanitizer to clean your hands** before leaving the pharmacy.
- **Do not operate a vehicle** or use other forms of transportation for at least 15 minutes after receiving the vaccine or if feeling unwell.

## WHAT TO EXPECT IN THE NEXT FEW DAYS?

### Possible side effects:

- Pain, soreness, or redness at injection site
- Fever or chills
- Tiredness
- Headache, body aches, or joint pains
- Stomach upset, nausea, vomiting or diarrhea
- Swollen lymph nodes

### Helpful tips:

- **A cool damp cloth** may be used to help alleviate soreness at the injection site.
- **Pain or fever medication** such as acetaminophen or ibuprofen may be taken if needed. Ask your pharmacist for any advice regarding medication.

## CALL OR CONSULT A HEALTHCARE PROFESSIONAL WHEN:

- Serious side effects are rare, but **dial 911 and seek immediate medical attention** should you develop any severe allergic reactions, such as:
  - Hives
  - Swelling of the face, tongue, or throat
  - Trouble breathing
- Furthermore, it is important to consult a health professional if symptoms/side effects worsen with time, persist for more than 48 hours, or begin after 1 week.

## REMINDERS AND PRECAUTIONS:

- If you are getting a 2 dose series vaccine, it is important that you follow through with the second dose as getting the second dose is important for the vaccine to be effective and last longer.
- It is recommended to complete the entire COVID-19 vaccination series before planning a pregnancy.
- It may take 7-14 days after completion of the respected COVID-19 vaccine schedule to be considered protected from COVID-19.
- Speak to your pharmacist if you plan on receiving any other vaccine in the next 28 days.
- **Continue to follow the recommendations from local public health officials to prevent the spread of COVID-19 including wearing a mask, frequent hand washing, limiting social interactions, and keeping a distance of 2 metres from others.**