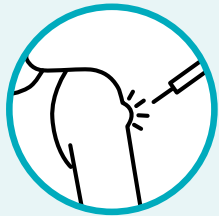


COVID-19 Vaccination Aftercare

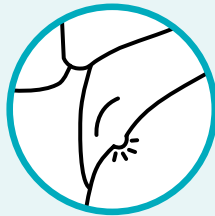
What to expect over the next few days:

Possible side effects

Side effects are common a day or two after getting the COVID-19 vaccine. These can include:



Pain, redness, itchiness or swelling
right away and/or
7 days after



Swollen lymph nodes under armpit



Tiredness or headache



Fever and chills



Muscle or joint soreness



Nausea and vomiting

TIPS FOR SIDE EFFECTS

Painful areas: apply a cool damp cloth or a wrapped ice pack.

Discomfort from side effects: take medication such as acetaminophen (Tylenol®) or ibuprofen (Advil®). ASA (e.g., Aspirin®) should not be given to anyone under 18 years of age.

Most side effects are not serious and should go away on their own.

Symptoms to look out for

- Some of the side effects of the vaccine are similar to symptoms of COVID-19. The vaccine will NOT cause or give you COVID-19.
- Symptoms such as a sore throat, runny nose, cough or other problems breathing are NOT side effects of the vaccine.
- If you experience ANY symptoms of COVID-19, use the BC COVID-19 Self-Assessment tool at bc.thrive.health/covid19/en
- If you are worried, contact your health care provider or call 8-1-1.
- Serious side effects after receiving the vaccine are rare. If you develop any serious side effects or a severe allergic reaction (including hives, swelling of your face, tongue or throat, or difficulty breathing), seek medical attention or call **9-1-1** right away. Tell them you've received a COVID-19 vaccine.

COVID-19 Vaccination Aftercare

Returning for the second dose of vaccine

- The person giving you the vaccine will let you know when you can return for your second dose. It is important to get both doses of the vaccine to protect you against COVID-19.
- Bring your immunization record with you for the second dose. A record of your COVID-19 immunization will also be available online through Health Gateway. Register at www.healthgateway.gov.bc.ca

Things to remember

- If you need to get another vaccine before you get your second COVID-19 vaccine dose, talk to your healthcare provider first.
- It will take 2-3 weeks after getting the first dose to build immunity to the virus. If you are exposed to someone with COVID-19 before or during this time, you can still get COVID-19.
- You might be contacted to participate in safety monitoring for COVID-19 vaccines. For more information, go to canvas-covid.ca

Continue to follow public health guidelines after you are vaccinated



Stay 2 metres
(6 ft) apart



Clean your
hands often



Wear a
face mask

Rare events after getting the AstraZeneca/COVISHIELD vaccine

Rare cases of serious blood clots and/or bleeding have been reported after receiving the vaccine (about 1 to 10 cases in 1,000,000 vaccinated people).

Monitor for any of the following symptoms between 4 to 20 days after receiving your vaccine:

- Severe headache that does not go away
- Seizure
- Difficulty moving part of your body
- Blurry vision that does not go away
- Difficulty speaking
- Shortness of breath
- Chest pain
- Severe abdominal pain
- New severe swelling, pain, or colour change of an arm or a leg
- Abnormal bruising, reddish or purple spots or blood blisters under the skin

If you experience any of these symptoms:

- 1 Seek medical attention right away
- 2 Bring your COVID-19 immunization record