

About Side Effects



You are likely to experience some side effects. This is normal. It is your body's immune system reacting to the vaccine and is an indication that the vaccine is working. Approximately 55-83% of individuals develop mild to moderate side effects within the first 3 days post-vaccination. They typically last 1 to 3 days. This is much shorter than the average 2 weeks recovery for mild COVID-19 disease and 6 weeks or more for severe and critical cases.



Rest, hydrate, and move that arm. Plan some downtime after your vaccine. Drink plenty of water to stay hydrated. Avoiding heavy alcohol use the day before and after the shot can reduce chances of dehydration making you feel worse. And move that arm to help spread out the vaccine and reduce arm pain.



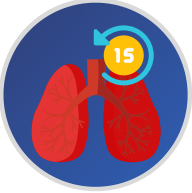
The most common side effects for all available vaccines are pain in your arm and fatigue, but some people also experience fever, chills, nausea, diarrhea, skin rash, joint, and muscle pain. Side effects are usually stronger and more common after the second dose if you get Moderna or Pfizer and in younger people. *Side effects are also more common among females than males due to their having a more robust immune system.* Plan for a light day if possible, after vaccination. They typically last only one or three days; much shorter than COVID-19 recovery. And if you don't get side effects, don't worry, many people don't experience side effects.



Do not delay getting the second dose as recommended (best 21 days for Pfizer, 28 days for Moderna but up to 42 days is ok). Delaying the second dose will not reduce side effects and may decrease effectiveness.



If you experience cough, shortness-of-breath, runny nose, sore throat, and loss of taste or smell after vaccination get tested for COVID-19. These are not typical side effects of the vaccine and may be a sign of infection with the virus.



Experiencing an anaphylactic reaction after receiving a COVID-10 vaccination is extremely rare and easy to manage with an epi pen available at all vaccination sites. While most people who would have an anaphylactic reaction would experience it within your 15-minute post-vaccination wait, there are extremely rare instances of the reaction occurring up to two hours later. Be sure to continue monitoring for signs such as rapid heartbeat, throat swelling and seek medical attention or call 911 immediately.

About Ongoing Protection

1. While new variants may lead to some reduction in vaccine effectiveness, **current evidence suggests that the vaccines still provide significant protection against new variants** and everyone who is eligible should get vaccinated as soon as the vaccines are available to them.
2. We do not yet know how long the protection from the vaccine lasts. Researchers are currently studying this issue, data currently indicate good protection at least six months and this is likely to be longer.

Bottom line- Stay vigilant, keep going with the recommended prevention measures while in public and around unvaccinated people until public health authorities change guidance, but have peace of mind that by getting your vaccine, you have substantially reduced your risk of disease!

