

# Care After Your Moderna (Spikevax™) COVID-19 Vaccination

## COVID-19 Vaccination

- The COVID-19 vaccination will help protect you from getting COVID-19.
- You need 1 dose of the bivalent vaccine.

### If you are 65 years old or older:

- You may receive a second dose of the bivalent vaccine.
- The second dose is given at least 4 months after the first bivalent dose.

## COVID-19 Vaccination if You Have a Weakened Immune System

If you are immunocompromised (have a weakened immune system):

- You may receive a second dose of the bivalent vaccine.
- The second dose is given at least 2 months after the first bivalent dose.

## Vaccine Side Effects

Side effects mean that your body is building protection against the virus. They should go away in a few days. Common side effects are:

- pain and swelling around the injection site
- fever, chills
- tiredness
- headache.

To manage your side effects:

- Talk with your health care provider about taking an over-the-counter medicine, such as ibuprofen (Advil® or Motrin®) or acetaminophen (Tylenol®) for discomfort.
- Apply a clean, cool, wet washcloth over the injection site to reduce pain and discomfort.
- Use or exercise your arm.
- Drink plenty of liquids and dress lightly if you have a fever.

## When to Contact Your Health Care Provider

Contact your health care provider if:

- you have concerns about your symptoms
- the redness or tenderness at the shot site gets worse after 24 hours
- side effects don't go away after a few days.

## When to Call 911

Call 911 if you have:

- a severe allergic reaction
- trouble breathing
- pain or pressure in your chest that doesn't go away
- new confusion or you can't stay alert
- bluish lips or face
- any other severe symptoms.

**(over)**

## Keep Wearing a Mask

- Wear a face mask that fits over your nose and mouth well.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds.
- Wash your hands well and often.

## Schedule Your Second Vaccination

Make an appointment at any vaccine location that works best for you.

- If you have an Allina Health account, you should receive an email or text with a link to schedule your second dose. If you do not get an email or text, log in to your Allina Health account to schedule.
- Schedule at the registration desk before you leave your first vaccine appointment.
- Call the Customer Experience Center at 612-262-5533.

## Consider Using the V-safe Tool to Report any Vaccine Side Effects

[V-safe](#) is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccine.



Scan the QR code.

Learn more or register at [cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html](https://cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html).

## Consider Downloading the Docket® App

The Docket app gives you easy access to your personal and family immunization records from the Minnesota Department of Health. (This app is not currently available for Wisconsin residents.)

Download Docket on your mobile device (Apple App Store or Google Play).

**Source:** Information obtained from [What to Expect after Getting a COVID-19 Vaccine](#) | CDC dated January 19, 2021.