

Care After Your COVID-19 Vaccination (Moderna, Pfizer)

COVID-19 Vaccine

The COVID-19 vaccination will help protect you from getting COVID-19. To get the full protection from the vaccine you will need a series of 2 separate injections (shots) in your arm. Your second vaccine appointment will be in 3 or 4 weeks after the first one.

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.

Keep Wearing a Mask

- Wear a face mask.
- 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.

Source: Information obtained from What to Expect after Getting a COVID-19 Vaccine | CDC dated January 19, 2021.