

## What should I do right after getting the vaccine?

- Wait for at least 15 minutes in the clinic after getting your vaccine. A longer wait time of 30 minutes may be recommended if there is a concern about a possible allergy.
- Speak to the clinic staff if you feel unwell while waiting.



## What should I expect in the next few days?

Like most medications and other vaccines, the COVID-19 vaccine can cause side effects. Not everyone will experience side effects and if you do most of the side effects are minor and do not last long.

### Common side effects

Pfizer-BioNTech and Moderna vaccines.



**Pain, redness, or swelling where the needle was given**



**Tiredness**



**Headache**



**Muscle pain**



**Chills**



**Joint pain**



**Fever**

Another common side effect of Pfizer-BioNTech vaccine is diarrhea. Some other common side effects of Moderna vaccine are nausea, vomiting or enlarged lymph nodes (swollen glands) in your underarm.

### Serious side effects

Serious side effects of COVID-19 vaccines are rare. These may include hives, swelling of the face or mouth, trouble breathing, very pale colour and serious drowsiness, high fever (over 40 °C), convulsions or seizures, or other serious symptoms (e.g., 'pins and needles' or numbness).

If you develop any of these serious side effects also known as an adverse event\* contact your health care provider or call 911 if seriously unwell.

\* An adverse event following immunization (AEFI) is an unwanted or unexpected change in health that happens after someone receives a vaccine. Health care providers and hospital staff report these adverse events to public health. Public health investigates AEFIs and provide support to individuals, families, and clinic staff.



## When should I return for my second dose of vaccine?

- You must get the same vaccine for your second dose. Make an appointment or follow the instructions of the clinic staff to ensure you receive the second dose at the right time.
- To get the best protection against COVID-19 it is very important you receive the second dose on time even if you experienced side effects after the first dose.
- If you experienced serious side effects after the first dose, tell the clinic staff before you receive the second dose.

### Appointment Date and Time for Second Dose:

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## What should I do now that I have been vaccinated?

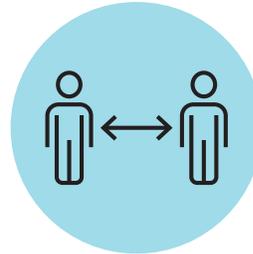
- Continue to follow public health measures:



**Wash  
your hands**



**Wear  
a mask**



**Stay at least 2 metres  
away from others outside  
of your household**

- Do not receive any other vaccines until at least 28 days have passed after your most recent dose of the COVID-19 vaccine (unless vaccine is considered necessary by your health care provider).
- If you are planning to become pregnant, speak to your health care provider for more information.
- Keep this sheet (or other immunization record) and your printed COVID-19 vaccination record with you for your second dose of vaccine.