



## 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.

As per the Ministry of Health, there have been Canadian and international reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the sac in which the heart sits inside of the chest) following vaccination with COVID-19 mRNA vaccines. The majority of reported cases have been mild with individuals recovering quickly. Symptoms have typically been reported to start within one week after vaccination. You should seek medical attention right away if you develop any of the following symptoms after receiving the Pfizer-BioNTech or Moderna vaccine: chest pain, shortness of breath, heart palpitations (pounding or racing heart), or feeling of a rapid or abnormal heart rhythm.

As a precautionary measure, individuals who have experienced myocarditis or pericarditis following vaccination with a first dose of an mRNA vaccine should defer their second dose until more information is available. Please refer to your healthcare provider for more information.

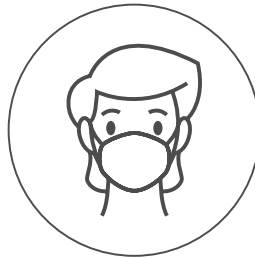


## What should I do now that I have been vaccinated?

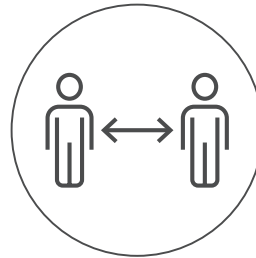
- Continue to follow public health measures:



**Wash  
your hands**



**Wear  
a mask**



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