

# COVID-19 Vaccine After Care Sheet

## Moderna COVID-19 Vaccine

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

- **You should wait for 15-30 minutes after receiving your vaccine. This will either be in the clinic or outside the clinic as advised by the health care provider.** Longer waiting times of 30 minutes may be recommended if there is concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these events should they occur.
- **Inform a health care provider at the clinic if you feel unwell while waiting.** If waiting in your vehicle, you can honk your horn to get their attention.
  - » If waiting inside the clinic, be sure to **leave your mask on** (unless you are unable to wear one) and remain at least 2 metres away from anyone else (except those in your household).
  - » **Use the alcohol-based hand rub to clean your hands** before leaving the clinic.
  - » **Do not operate a vehicle** or other form of transportation for at least 15-30 minutes after being vaccinated (as advised by the health care provider) or if you are feeling unwell.

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

- Side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for about one to three days and will go away on their own.
  - » The most common side effect is pain where the needle was given; swelling or redness where the needle was given may also occur. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
  - » Other symptoms may include tiredness, headache, muscle pain, joint pain, nausea, vomiting, chills or fever. Enlarged lymph nodes (swollen glands) in your underarm may also occur.
  - » If needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever. Check with your health care provider if you need advice about medication.
- Serious side effects after receiving the vaccine are rare. However, **should you develop any serious symptoms or symptoms that could be an allergic reaction, call 9-1-1 right away.** Symptoms of an allergic reaction include:
  - » Hives (bumps on the skin that are often very itchy)
  - » Swelling of the face, tongue or throat
  - » Difficulty breathing

Any serious side effects after vaccination should be reported to your local public health department.

- If you have any concerns about the symptoms you develop after receiving the vaccine, contact your health care provider for advice.
- If you still need to receive your second dose, tell the person providing the second dose about any side effects you experienced.