Brenner
Children's
WAKE FOREST BAPTIST HEALTH

What to *Expect* After Getting a COVID-19 Vaccine

COVID-19 vaccines are the best way to stop the spread of the pandemic. Thank you for doing your part. Here's more information and resources for after you get a COVID-19 vaccine.

Things to remember

- **Wait 15 minutes before leaving.** For your safety, please wait 15 minutes after getting the vaccine before you leave. This is a guideline set by the Centers for Disease Control and Prevention (CDC).
- **Make sure to get both doses of the Pfizer vaccine.** The first shot gets your immune system ready. It helps your body recognize the virus and fight it if you're exposed. The second shot will strengthen your immune system's response. Missing the second dose could mean you won't build full protection against the virus.
- **Hang on to your vaccination card.** This is proof you got the COVID-19 vaccine. It shows what type of COVID-19 vaccine you got and when you got it. You can also take a photo of this card so you always have a copy on hand.

Pfizer vaccine requires two doses

Scheduling your second dose at the time you receive your first dose. We'll schedule an appointment time when you're here for your first dose.

If you need to reschedule your second dose after you leave:
- **336-70-COVID**

Possible side effects of the COVID-19 vaccine

You may have minor side effects after getting your vaccine shots. This is common and happens with other vaccines, like the flu vaccine. The risk of side effects is much less serious than the risk COVID-19 poses to you and the community.

After getting the COVID-19 vaccine, you could have:
• Pain, swelling or redness at the site of the shot
• Low-grade fever
• Chills
• Joint or muscle aches
• Tiredness and headache, especially after the second dose

Side effects only last one to three days. If symptoms last longer than three days, or you have a symptom not listed above, contact your primary care provider through **myWakeHealth.** You may also schedule an appointment online at **WakeHealth.edu/Appointments** or by calling **336-716-WAKE.** The COVID-19 vaccine cannot give you COVID-19.

Enroll in v-safe, an after-vaccination health checker

After you get the COVID-19 vaccine, you have the option to sign up for v-safe at **vsafe.cdc.gov.** V-safe is a smartphone-based tool that checks in on how you're doing. It also reminds you to get your second dose if you still need it.

Through text messages and web surveys, you can quickly tell the CDC if you have any side effects after getting the vaccine. COVID-19 vaccines are safe and help your body fight off the virus. Your responses on v-safe help make them even better.

v-safe^{SM}
after vaccination
health checker

To sign up for v-safe, hover your smartphone camera over the code.

After your vaccination

• You do not need to isolate yourself from anyone just because you received this vaccine. This vaccine cannot cause COVID-19 or spread COVID-19 from person to person.
• Please continue to help keep others safe: Wear a mask in public, wash your hands frequently and wait at least six feet away from others. It may be possible for a vaccinated person who is exposed and has no symptoms to transmit the virus to unvaccinated people.

Where to find more information

• **WakeHealth.edu/Coronavirus**
• **CDC.gov**
• **NCDHHS.gov**

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