

## **Protect yourself and your loved ones: vaccinate against COVID-19**

If you are vaccinated, you will have less chances of:

- getting COVID-19
- dying or being hospitalized if you get it.
- spreading COVID-19 to others

### **What are the side effects of COVID-19 vaccines?**

After you get vaccinated, it is common to have slight side effects, like:

- pain or redness where you got the shot
- fatigue
- headache
- muscle pain
- fever
- chills
- nausea

Even though they can be uncomfortable, these side effects are normal and should last at most a couple days.

### **What can I do to help make the symptoms go away?**

- apply a moist towelette on the place you got the shot.
- move your arm
- ask your doctor if you can take medication to reduce symptoms, like Ibuprofen, acetaminophen, aspirin or antihistamines.
- Call your doctor if your side effects worsen after 24 hours.

### **How common are allergic reactions to the vaccine?**

Serious allergic reactions are not common, but if you have an allergic reaction after the first dose, you should not get the second dose.



## Should I report my side effects after I get the COVID-19 vaccine?

The CDC (Center for Disease Control) collects information about side effects to monitor the safety of the vaccines. You can share your information with the CDC.

Download **V-Safe**, a mobile app that will check your health after you get vaccinated. V-safe:

- checks on you and your side effects with text messages and surveys
- can remember when you should get your second dose and remind you
- helps the CDC monitor the safety of the COVID-19 vaccines
- is free, easy to use and confidential
- <https://vsafe.cdc.gov/en/>

Send a report to **VAERS** if you have an adverse allergic reaction after you get vaccinated. VAERS:

- is a **Vaccine Adverse Event Reporting System**
- collects information about adverse events
- provides valuable information to experts on the safety of vaccines so that they can evaluate the possible safety problems related to the vaccines.
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vaers.html>

