



## COVID-19: After you get a vaccine

### Common vaccine side effects

- Side effects after getting a COVID-19 vaccine can vary from person to person. Some people experience a little discomfort and can continue to go about their day. Others have side effects that affect their ability to do daily activities.
- Side effects generally go away in a few days.
- Even if you don't experience any side effects, your body is building protection against the virus that causes COVID-19.
- Common side effects include pain, swelling and redness in the arm or thigh where the vaccine was given. Other possible symptoms are fever, chills, muscle aches, joint pain, swollen lymph nodes, headache, nausea, and feeling tired. Young children may be irritable or sleepy, cry, or lose their appetite.
- It is important to get all recommended doses, even if you got side effects from a previous dose unless a vaccine provider or your doctor tells you not to.

### Tips to help with side effects

- Apply a clean, cool, wet washcloth to the arm or thigh to help reduce pain. It may also help to use or keep moving the limb.
- If you have a fever, drink plenty of fluids and dress lightly.
- Talk to your doctor about over-the-counter medicines like Tylenol® (acetaminophen), Motrin® or Advil® (ibuprofen). These medicines can help with pain, fever, and headache.

### When to call your doctor



Contact your doctor if you have:

- Redness or tenderness where the vaccine was given that gets worse after 24 hours.
- Side effects that are concerning or do not seem to be going away after a few days.



### Rare, serious side effects

#### Allergic Reactions

As with any medicine, it is rare but possible to have a serious reaction, such as finding it hard to breathe or wheezing, a rash or hives, or swollen throat or tongue. It is very unlikely that this will happen. If this happens, seek immediate medical care.

#### Myocarditis & Pericarditis

There was a rare risk of myocarditis (inflammation of the heart) observed among males aged 12-39 years after receiving the primary series. The chance of this happening was very low. Most patients who received care improved with medicine and rest and felt better quickly.

Myocarditis cases occurring after mRNA COVID-19 vaccination have generally been less severe than myocarditis caused by viral infection.

Seek medical help right away if you have any of the following systems:

- Chest pain
- Shortness of breath
- Feelings of having a fast beating, fluttering, or pounding heart.

We will continue to report any side effects to the Vaccine Adverse Event Reporting System (VAERS).

## How to report a reaction

If you have an adverse event (possible side effect) after you are vaccinated, even if you aren't sure that the vaccine caused it, please report it to the Vaccine Adverse Event Reporting System (VAERS), an early warning system that the FDA and CDC use to detect possible safety problems. To make a report, call 1-800-822-7967 or visit [vaers.hhs.gov](http://vaers.hhs.gov). Please note that VAERS does not provide medical advice.

### Your next dose is due on or after:

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You may need more vaccine doses depending on your age, health status, and which vaccines you already received. For details, visit [cdc.gov/coronavirus/vaccine](http://cdc.gov/coronavirus/vaccine).

For the best protection against COVID-19, [stay up to date](#) with your recommended doses.

## Where to get your next dose

To find a COVID-19 vaccine provider near you, visit [publichealth.lacounty.gov/vaccines](http://publichealth.lacounty.gov/vaccines) or call the Public Health Call Center at **1-833-540-0473**. Information is also available in multiple languages 24/7 by calling 2-1-1. In-home vaccination is also available and can be requested by calling **1-833-540-0473**.

## Information for people with weakened immune systems

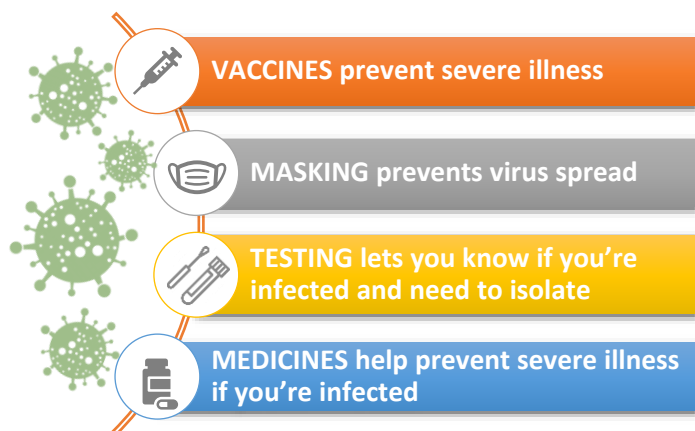
If you have a moderately or severely weakened immune system (such as a blood related cancer or on certain treatments for cancer, organ transplant, or certain autoimmune conditions), vaccination may not be as effective. For guidance on COVID-19 vaccine recommendations, visit the CDC's webpage [COVID-19 Vaccines for People Who Are Moderately or Severely Immunocompromised](#). Talk with your doctor about the best timing of doses based on your risks and treatment plan.

## Keep your white vaccine card safe!

It is your official vaccination record. Take a photo or make a copy.

You can get a digital vaccine record at [myvaccinerecord.cdph.ca.gov](http://myvaccinerecord.cdph.ca.gov)

## Take steps to protect against COVID-19 and prevent spread



## Medicine to treat COVID-19

If you get COVID-19 and you are at [higher risk](#) of getting very sick, there are medicines you can take that treat COVID-19 to help keep you out of the hospital.

**Don't delay! Treatment should start as soon as possible after symptoms start.** To learn more, visit [ph.lacounty.gov/covidmedicines](http://ph.lacounty.gov/covidmedicines)

