What to expect after getting a COVID-19 Vaccine

A COVID-19 vaccination is one way to help protect you from getting COVID-19. After you receive the vaccine, you may experience some side effects which are normal signs that your body is building protection. These side effects may feel like the flu and may even affect your ability to do daily activities, but they should go away in a few days. The COVID-19 vaccine does not contain the live COVID-19 virus and cannot make you sick with COVID-19.

Common side effects

<table>
<thead>
<tr>
<th>On the arm where you got the shot:</th>
<th>Throughout the rest of your body:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>Fever</td>
</tr>
<tr>
<td>Swelling</td>
<td>Chills</td>
</tr>
<tr>
<td></td>
<td>Tiredness</td>
</tr>
<tr>
<td></td>
<td>Headache</td>
</tr>
</tbody>
</table>

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine that can help reduce these symptoms.

**To reduce pain and discomfort where you got the shot:**
- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

**To reduce discomfort from fever:**
- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:
- If the redness or tenderness where you got the shot increases after 24 hours.
- If your side effects are worrying you or do not seem to be going away after a few days.

Please Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- You will need 2 shots in order for the vaccine to work most effectively. It is important to get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines requiring 2 shots will not protect you until two weeks after your second shot.

Continue to protect yourself and others.

Even after you get your vaccine, you will need to:
- Cover your mouth and nose with a mask when around others
- Stay at least 6 feet away from others
- Avoid crowds
- Wash your hands often

Report side effects to the CDC

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You’ll also get reminders if you need a second vaccine dose. Visit v-safe.cdc.gov for more information.