



# COVID-19 VACCINE

## After you get the Novavax vaccine



### Common vaccine side effects

- You may have side effects after getting the vaccine. Common side effects include pain, redness, and swelling in the arm where the vaccine was given, fever, chills, muscle aches, headache and feeling tired.
- Side effects may limit some of your daily activities but should go away in a few days.
- They are more common after the second dose. 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.
- Vaccine side effects are normal and show that your body is learning to build up immunity. Not everyone will get them.

### Tips to help with side effects

- Apply a clean, cool, wet washcloth to your arm to help reduce pain. It may also help to exercise your arm. If you have a fever, drink plenty of fluids and dress lightly.
- Over-the-counter medicines like Tylenol® (acetaminophen), Motrin®, or Advil® (ibuprofen) can help with pain, fever, headache, or discomfort.

### 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.
- Symptoms that get worse or worry you



### 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 it does, seek immediate medical care by calling 911.

#### Myocarditis & Pericarditis

There is a rare risk of myocarditis (inflammation of the heart muscle) or pericarditis (inflammation of the outer lining of the heart) in some people who get the Novavax vaccine. Getting the second vaccine dose later (at 8 weeks) may lower the risk of these rare heart problems.

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

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

Most patients with myocarditis or pericarditis who received care improved with medicine and rest and felt better quickly.

### Sign up for v-safe, the CDC health checker

If you have a smartphone, please sign up at [vsafe.cdc.gov](https://vsafe.cdc.gov) to tell CDC about any side effects.



### Want to learn more?

For more information, visit the "[Vaccine Side Effects](#)" web page or scan the QR code.



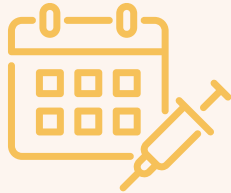
## Keep your white vaccine card safe!

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)

## Your next dose is due on or after:

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For the best protection against COVID-19, you should get all the recommended vaccine doses.

Which vaccine to get and when to get each dose depends on your age, your health status, and the type of vaccine you first received. **For more details, visit** [ph.lacounty.gov/covidvaccineschedules](http://ph.lacounty.gov/covidvaccineschedules).

## Where to get your next dose

Visit [ph.lacounty.gov/howtogetvaccinated](http://ph.lacounty.gov/howtogetvaccinated) or call the Public Health Call Center at **1-833-540-0473** to find a vaccination location near you. The call center is open daily from 8:00am to 8:30pm.

Information is also available in multiple languages 24/7 by calling 2-1-1. Free transportation and in-home vaccination are also available for those with limited mobility.

## 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. Talk with your doctor about the best timing of doses based on your risks and treatment plan.

You may also benefit from a medicine called Evusheld to help prevent you from getting COVID-19. Visit [ph.lacounty.gov/covidmedicines](http://ph.lacounty.gov/covidmedicines) and ask your doctor about these options.

## 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. Get tested right away if you have symptoms, even if they are mild. If positive and you are at higher risk, ask for treatment right away.

**Don't delay! Treatment should start as soon as possible.** [ph.lacounty.gov/covidmedicines](http://ph.lacounty.gov/covidmedicines)

## Mental Health Resources

If you or someone you know is having a hard time coping with COVID-19, help is available 24/7 through the Los Angeles County Department of Mental Health's Help Line. Call 1-800-854-7771 or text "LA" to 741741. More resources and tools can be found at <http://dmh.lacounty.gov/resources>.

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

