



# COVID-19 VACCINE: After you get the Pfizer or Moderna vaccine

## Common Vaccine Side effects

- You may have side effects in the first 2 days after getting the vaccine. Common side effects include sore or red arm, fever, chills, muscle aches, headache and feeling tired.
- They may limit some of your daily activities, but they should go away in a day or two.
- They are more common after the second dose. It is important to get the second dose even if you got side effects after the first dose unless a vaccination provider or your doctor told 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) or Motrin® or Advil® (ibuprofen) can help with pain, fever, headache, or discomfort.

## When to call your doctor

Contact your doctor if you have:

- Side effects that last more than 2 days
- Symptoms that start more than 2 days after you get the vaccine
- Cough, shortness of breath, runny nose, sore throat, or new loss of taste or smell (as these are not vaccine side effects)
- 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. It is very unlikely that this will happen. If it does, call 911 or go to the nearest emergency room.

### Myocarditis & Pericarditis

There have been reports of inflammation of the heart muscle (myocarditis) or outer lining of the heart (pericarditis) in some people who got the Pfizer or Moderna vaccine. These reports are rare, and the risk of this happening is very low. Most of the cases were in male adolescents and young adults and typically within several days after vaccination.

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 & pericarditis who received care improved with medicine and rest and felt better quickly.

## The vaccine does not protect you right away

You are fully vaccinated **2 weeks** after you got your second dose of vaccine.



## Sign up for V-Safe, the CDC health checker

If you have a smart phone, 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 "After You Get a Vaccine" webpage - scan the QR code or visit



**[VaccinateLACounty.com](https://www.vaccinatelacounty.com)**

## Continue to protect against COVID-19

- Wear a well-fitting mask.
- Wash (or sanitize) your hands often.
- Stay home when you are sick.
- Avoid crowded places and spaces with poor air flow.
- Keep your distance.



**If you are exposed to someone with COVID-19** and you are fully vaccinated and don't have any symptoms: you do not need to quarantine. You should get tested and monitor your health for 14 days.

**If you have symptoms of COVID-19:** stay home and away from others. Talk to your doctor and get a test.

**If you have a weak immune system:** If you have a health condition or are taking medicines that moderately or severely weaken your immune system, vaccination may not be as effective. CDC recommends that you receive an additional dose of vaccine. Talk to your doctor. If you need to get 3rd dose, ask about the best timing based on your current treatment plan.

**For more details, visit the [When You Are Fully Vaccinated](#) webpage on the LA County DPH website.**

## Managing stress and emotional health

As the world continues to fight COVID-19, you may feel more concerned, worried and fearful for your health, including your mental health.



Below are tips to help manage stress and improve your emotional health:

- Stay virtually connected to family and friends to avoid social isolation.
- Get lots of rest and eat plenty of fruits and vegetables. A healthy body helps maintain a healthy mind.
- Meditate and exercise regularly.
- Maintain personal hygiene and keep your living space clean and organized.
- Add structure in your day – create a routine.
- Find safe ways to enjoy your favorite activities.
- Limit the time you spend on news and social media.



Headspace has mindfulness and meditation resources in English and Spanish. It also has movement and sleep exercises to help manage stress, fear, and anxiety related to COVID-19.

### 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)

## 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 (including access to Headspace) can be found at:

<http://dmh.lacounty.gov/resources>

