



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 are worrying 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 it does, seek immediate medical care.

Myocarditis & Pericarditis

There is a rare risk of myocarditis (inflammation of the heart muscle) or pericarditis (inflammation of the outer lining of the heart) after getting a Pfizer, Moderna, or Novavax vaccine. Most of the cases are in males ages 12 through 39 years. The chance of this happening is very low.

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

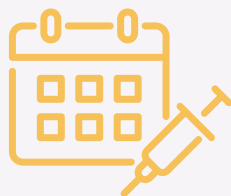
Most patients with myocarditis or pericarditis who received care improved with medicine and rest and felt better quickly.

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 VAERS. The Vaccine Adverse Event Reporting System is 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. Please note that VAERS does not provide medical advice.

Your next dose is due on or after:

___/___/___



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.

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

Where to get your next dose

If you need more doses of vaccine, visit ph.lacounty.gov/howtogetvaccinated or call the Public Health Call Center at **1-833-540-0473** to find a vaccination location near you. Information is also available in multiple languages 24/7 by calling 2-1-1. Free transportation and in-home vaccination are also available.

Information for people with weakened immune systems

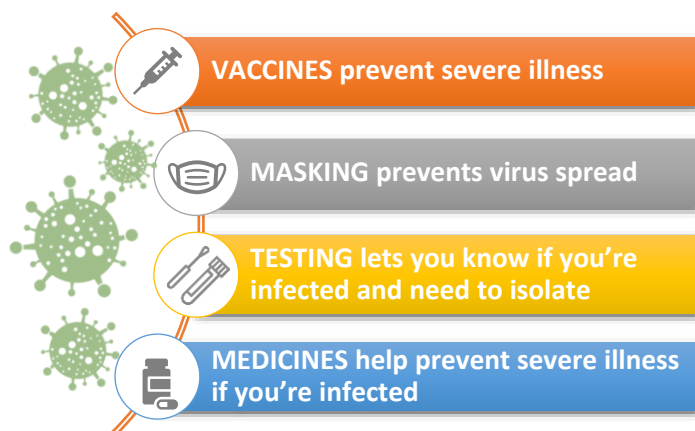
If you have a moderately or severely weakened immune system (such as a blood related cancer or on certain treatments for cancer, organ transplant, or certain autoimmune conditions), vaccination may not be as effective. The CDC [recommends](#) that you get extra doses of vaccine. Talk with your doctor 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

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