

Information for Vaccine Recipients

Ending COVID-19 starts with you. It is important to get the vaccine as soon as it is available to you. The vaccine is the best tool we have to end COVID-19. Please speak with your doctor if you have any questions. Visit umms.org/vaccine for more information.

AFTER YOU GET YOUR SHOT

You must continue to wear a mask, practice social distancing, wash your hands and avoid all large gatherings. **Do this even after you are fully vaccinated.** The COVID-19 vaccine will protect you but there is a chance that you can still give COVID-19 to people who are not protected.

Understanding Vaccine Side Effects vs. COVID-19 Symptoms

You cannot get COVID-19 from the vaccine. Some vaccine side effects, like headache and feeling tired, may be similar to COVID-19 symptoms. These side effects should go away 24-48 hours after you get your shot.

Possible side effects of the COVID-19 vaccine are:

- Pain, swelling or redness at the shot site (most common)
- Feeling tired
- Headache
- Feeling sick to your stomach or not feeling well
- Muscle pain
- Joint pain
- Vomiting
- Swollen lymph nodes
- Fever

If you have side effects, like muscle pain or fever, you can use anti-inflammatory medicines (like ibuprofen or naproxen) or acetaminophen. Please talk to your doctor first.

There is a very small chance you may have an immediate or severe allergic reaction. Everyone will be observed for 15 minutes after getting the vaccine. If you have a history of an immediate or severe allergic reaction (anaphylaxis from any cause, or a history of an immediate allergic reaction to an injectable medication or vaccine), you will be observed for 30 minutes. Signs of a severe allergic reaction include difficulty breathing, swelling of your face and throat, a fast heartbeat, a bad rash all over your body and/or dizziness and weakness. **If you have any of these symptoms while you are still at the hospital or vaccination site, please alert a nurse or a member of the vaccination team as soon as possible.**

Please call your doctor if you have any side effects after you leave the vaccination site. If you do not have a doctor, please call the UMMS Nurse Call Line (**1-888-713-0711**). The UMMS Nurse Call Line is open 24 hours a day, 7 days a week.

Adverse Events

Adverse events are unusual or unexpected effects that happen after you get the vaccine. They do not include the common side effects listed above. Please call your doctor for medical care for adverse events that happen after you leave the hospital or vaccination site. Go to the closest Emergency Department or urgent care location if you do not have a doctor, or if you need immediate care.

After your first shot, if you are told you are allergic to the vaccine or if you are hospitalized due to an adverse event, you must talk to your doctor. For two-dose vaccines, you will need permission from your doctor to get your second shot. We will

NOT give you your second shot if you do not get approval from your doctor. The vaccination team will not be able to give this approval. Your doctor may also recommend you get the Janssen (Johnson & Johnson) vaccine instead. If that is the case, you must wait at least 28 days after your first shot to receive a different vaccine.

If you have any adverse events after your shot, you can also report them to the FDA/CDC Vaccine Adverse Event Reporting System (VAERS). You can do this online at vaers.hhs.gov or by calling the toll-free number (1-800-822-7967).

The CDC also has an optional text-message-based tool called v-safe. You can report any side effects to v-safe. You can also get automated, personalized health check-ins after your first COVID-19 shot and reminders about the second shot. Please see the [CDC v-safe fact sheet](#) for more information. You can find the fact sheet at cdc.gov/vsafe.

GETTING READY FOR YOUR SECOND SHOT

Note: The following information is for individuals who received a two-dose vaccine only

Below is a checklist of things to do on the day of your shot. Please do these things before you go to the vaccination site. If you received a one-dose vaccine, you do not need a second shot and you will not be asked to schedule a follow-up appointment after your first.

- Make sure you drink plenty of water and eat something before your appointment. These things may help prevent you from feeling sick after your shot.
- **Remember to wear short sleeves under your jacket.** This is so there is easy access to your upper arm, where you will get the shot.
- If you have an UMMS MyPortfolio patient portal account, you can check-in online before your appointment. You can also read and sign the consent form and complete the screening process. If you do not have an account, you can do those things at the vaccination site.
- Please wear at least a cloth mask in the vaccination site at all times.
- Please **do not** come to the vaccination site if you are feeling sick or have been diagnosed with COVID-19 within 10 days. We cannot give you the vaccine if you are sick. Please reschedule your appointment for when you are no longer sick.

GETTING YOUR SECOND SHOT

Note: The following information is for individuals who received a two-dose vaccine only

Your appointment will take about 45 minutes. This section tells you what to expect when you get your second shot. If you received a one-dose vaccine, you do not need a second shot and you will not be asked to schedule a follow-up appointment after your first.

- **Please do not arrive more than 15 minutes before your appointment.** The appointments are spaced to reduce crowding.
- Before you get the COVID-19 vaccine, you will have to answer screening questions. This will be done on site. **Please be ready to answer questions about your medical history. This includes any known health issues and allergies.**
- You will need to read and sign the consent form to get the vaccine.
 - **Note:** If you are 16-17 years old and getting the Pfizer vaccine, you must have a parent or guardian with you. The parent or guardian will sign the consent form.
- Be ready to stay on site for 15 minutes after your shot for observation. If you have a history of immediate or severe allergic reaction or allergies that require you to carry an EpiPen, you will be asked to stay on site for 30 minutes after your shot.