

# COVID-19 Vaccine After Care Sheet

## What should I do right after receiving the COVID-19 vaccine?

- **Everyone must wait for at least 15 minutes** in the clinic after receiving their vaccine.
- Longer waiting times of 30 minutes may be recommended if there is concern about a possible vaccine allergy.
- Although they are uncommon, allergic reactions may occur.
- Symptoms of an allergic reaction include:
  - Rash or bumps on the skin that are often very itchy (also called hives);
  - Swelling of the face, tongue or throat;
  - Difficulty breathing.
- Let one of the staff at the clinic know if you or your child feel unwell while waiting.
- If you or your child feel unwell, please do not leave the building.

## What should I expect in the next few days?

- Side effects may develop the day after you receive the vaccine and will usually go away on their own a day or two later.
  - Pain, swelling or redness where the needle was given are the most common side effects. A cool, damp cloth or ice pack wrapped in cloth may help.
  - Tiredness, headache, muscle pain, joint pain, nausea, vomiting, chills or fever may occur.
  - Swollen glands in your underarm are another possible side effect.
- If needed, pain or fever medication (such as Tylenol or Advil) may help with pain or fever. Make sure to follow the instructions on the

label and check with your health care provider if you need advice about medication.

- Serious side effects after receiving the vaccine are extremely rare - if you have any concerns about the symptoms you develop after receiving the vaccine, contact the health centre for advice.
- If you develop symptoms including chest pain, chest tightness, or heart palpitations contact your healthcare provider immediately.

### Things to remember:

- The COVID-19 vaccines used in Nunavut are 2 or 3-dose vaccines. Ask your healthcare provider when you should return for your second or third dose.
- Continue to follow recommendations to prevent the spread of COVID-19 including careful handwashing, staying at least 2 metres from others, and limiting / avoiding contact with others outside of your household.
- Tell the person providing the second or third dose if you had any side effects with your first dose.