

# What to Expect after Getting a COVID-19 Vaccine

**COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.**

## COMMON SIDE EFFECTS

*Arm where you got the shot:*

- Pain
- Redness
- Swelling

*Throughout the rest of your body:*

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

## Helpful tips

If you have pain or discomfort after getting your vaccine, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

*To reduce pain and discomfort where you got the shot:*

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

*To reduce discomfort from fever:*

- Drink plenty of fluids.
- Dress lightly.

## When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours.
- If your side effects are worrying you or do not seem to be going away after a few days.

## Remember

- Side effects may affect your ability to do daily activities, but they should go away in a few days.
- With some COVID-19 vaccines, you will need 2 shots in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get it.
- You will only need 1 shot of the viral vector COVID-19 vaccine, Johnson & Johnson's Janssen COVID-19 Vaccine.



## Ask your vaccination provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose.

**Learn more about v-safe.**  
[cdc.gov/vsafe](https://cdc.gov/vsafe)

- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until about two weeks after your second shot. For COVID-19 vaccines that require 1 shot, it takes about two weeks after vaccination for your body to build protection.
- After you are fully vaccinated, you may be able to start doing some things you had stopped doing because of the pandemic. Visit CDC's website for the latest recommendations.  
[cdc.gov/coronavirus/vaccines](https://cdc.gov/coronavirus/vaccines).

## HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is \_\_\_\_\_°F or \_\_\_\_\_°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: \_\_\_\_\_

**Healthcare provider phone number:**

\_\_\_\_\_

**Medication (if needed):**

Take \_\_\_\_\_ every \_\_\_\_\_ hours as needed.  
(type and dose or amount)