

Ministry of Health

# After Your COVID-19 Vaccine

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

- Common side effects include pain, swelling, and colour changes (e.g. red, purple) at the site where the needle was given. Applying a cool, damp cloth where the vaccine was given may help with soreness and swelling.
- Other symptoms may include: tiredness, headache, muscle pain, chills, joint pain, and fever. If needed, pain or fever medication (such as acetaminophen or ibuprofen) may help.

## When should I see a health care provider?

- Serious side effects are rare. Call your doctor, health care provider or nurse practitioner or go to the nearest emergency department immediately if you develop any of the following adverse reactions within three days of receiving the vaccine: hives, itchy skin, swelling of your face, throat, tongue or mouth, trouble breathing, wheezing, serious drowsiness, high fever (over 40°C), convulsions or seizures, or other serious symptoms (e.g., "pins and needles" or numbness).
- There have been Canadian and international reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining around the heart) following vaccination with COVID-19 mRNA vaccines. The [global experience](#) to date has indicated that the majority of reported cases have responded well to conservative therapy (rest, treatment with non-steroidal anti-inflammatory drugs (NSAIDs)) and tend to recover quickly. Symptoms have typically been reported to start within one week following vaccination, and often after the second vaccine dose. You should seek medical attention right away if you develop any of the following symptoms after receiving the Pfizer-BioNTech or Moderna vaccine: chest pain, shortness of breath, excessive sweating, heart palpitations or a feeling of a rapid or abnormal heart rhythm (pounding or racing heart).

- If you are concerned about any reaction(s) you experience after receiving the vaccine, contact a health care provider. You can also contact your [local public health unit](#) to ask questions or to report an adverse event.

## **Do I still have to follow COVID-19 public health measures?**

- The vaccine is an additional way to protect yourself against COVID-19. After a first, or subsequent dose of the COVID-19 vaccine you should continue to follow COVID-19 public health measures, such as wearing a mask, practicing physical distancing and washing your hands.
- Monitor for symptoms of COVID-19 and get tested if you develop symptoms (e.g., loss of taste or smell, cough, difficulty breathing, fever or chills, individuals 18 years of age and older: fatigue, muscle or body aches, individuals under 18 years of age: nausea, vomiting, and/or diarrhea).

## **When should I return for my next dose?**

- If you require a subsequent dose of a COVID-19 vaccine, as directed by the clinic, the booking system or your healthcare provider, be sure to bring your printed vaccine receipt that was given to you today to your next appointment.