What should I do right after receiving the vaccine?

- You should wait for 15 minutes after receiving your vaccine. This will either be in the clinic or outside the clinic as advised by the health care provider.
- Inform a health care provider at the clinic if you feel unwell while waiting.
- If waiting inside the clinic, be sure to leave your mask on (unless you are unable to wear one) and remain at least 2 metres away from anyone else (except those in your household).
- Use the alcohol-based hand rub to clean your hands before leaving the clinic.
- Do not operate a vehicle or other form of transportation for at least 15 minute after being vaccinated or if you are feeling unwell.

What should I expect in the next few days?

- Serious side effects after receiving the vaccine are rare. However, should you develop any serious symptoms or symptoms that could be an allergic reaction, seek medical attention right away. Symptoms of an allergic reaction include:
  » Hives (bumps on the skin that are often very itchy)
  » Swelling of the face, tongue or throat
  » Difficulty breathing

Your health care provider should inform your local public health department of any serious side effects after vaccination.
- You may experience some mild symptoms in the day or two after receiving the vaccine. These will usually go away on their own.
  » The most common side effect is pain, redness or swelling where the needle was given. A cool, damp cloth where the vaccine was given may help.
  » Other symptoms may include a fever, chills or feeling tired.
  » If needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever.

Things to remember

- Continue to follow the recommendations of local public health officials to prevent spread of COVID-19, which may include wearing a mask, staying at least 2 metres from others and limiting / avoiding contact with others outside your household.
- Return for your second dose of the Pfizer / BioNTech vaccine in 28 days. Make an appointment or follow the instructions of the health care provider to ensure you receive the second dose at the right time.
- Keep this sheet or other immunization record in a safe place. Bring your Record of COVID-19 immunization with you for your second dose.