

# mRNA COVID-19 Vaccine Aftercare Sheet Pfizer/Moderna Vaccines

## What should I do right after receiving the vaccine?

- **Wait for 15-30 minutes after receiving your vaccine** in a space provided for you by the healthcare provider. Longer waiting times may be recommended if there is concern about a possible vaccine allergy. Be sure to leave your mask on and maintain 2 metres of physical distancing from others.
- **Tell the healthcare provider at the clinic if you feel unwell** while waiting. If you have been asked to wait in your vehicle, you can honk your horn to get assistance. Do not operate a vehicle or other form of transportation for at least 15-30 minutes after being vaccinated or if you are feeling unwell.
- **Report any unusual symptoms.** Rarely, fainting or an allergic reaction can occur immediately after vaccination. Symptoms of an allergic reaction include: hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. Clinic staff are prepared to manage these events should they occur.
- **Continue to follow Public health measures** (wearing a mask, physical distancing and washing your hands).

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

Common side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for about one to three days and will go away on their own.

**Common side effects include:** pain, redness or swelling where the needle was given, tiredness, muscle aches, headache, muscle pain, joint pain, nausea, vomiting, chills or fever. Enlarged lymph nodes (swollen glands) in your underarm may also occur.

**For comfort,** you can put a cool/damp cloth on the injection site, rest, and/or take pain or fever medication (such as acetaminophen or ibuprofen). Your health care provider may provide you with additional guidance.

Many of the common side-effects may indicate infection with COVID-19. If you have been infected with COVID-19 at the time of immunization, the vaccine cannot prevent the illness. If you have any COVID-19 symptoms that have not resolved after two days, stay home, self-isolate and register online or call 811 to get tested.

Any serious side-effects or common side-effects that last longer than 72 hours after vaccination should be reported to your healthcare provider. Your healthcare provider will do an assessment and provide you with medical advice. If your healthcare provider thinks the symptoms are related to the vaccine that was given, Public Health will be consulted.

## Are there any rare side-effects I should watch for?

Rarely, serious symptoms or symptoms of a life-threatening allergic reaction can occur after you leave the site of the clinic.

- **After you have left the clinic, call 9-1-1 right away, if you experience any respiratory distress or symptoms of anaphylaxis. Symptoms of a life-threatening allergic reaction can include hives, swelling of your face, tongue or throat, or difficulty breathing.**
- If you experience, shortness of breath, chest pain, or the feeling of a fast, pounding or fluttering heartbeat, seek immediate medical care. These may be symptoms of very rare conditions of myocarditis or pericarditis. To date, symptoms have generally been mild, and individuals tend to recover quickly.

## Things to remember after getting your vaccine

- **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.
- **If you received an mRNA COVID-19 vaccine for your first dose, any of the mRNA COVID-19 vaccine (Moderna or Pfizer-BioNTech) can be offered where authorized for your age group for your next dose(s).**
- **You can get your flu shot.** The National Advisory Committee on Immunization (NACI) recommends that COVID-19 vaccines may be given at the same time as, or any time before or after, other vaccines, including live, non-live, adjuvanted, and non-adjuvanted vaccines.

**Make an appointment or follow the instructions of the health care provider to ensure you receive the next dose at the right time.** Receiving your next dose at the right time will ensure your safety and the best possible protection for you. It is important to complete your series with all recommended doses of the COVID-19 vaccine at the approved interval.

- **Keep your immunization record** in a safe place. You may register online on [MyHealthNB](#) to obtain a record of your COVID-19 immunizations. The paper Record of COVID-19 Immunization provided when vaccinated will continue to be the official record. Keep a copy and take a picture of it. The paper copy or picture of the copy can be used as proof of vaccination for entry to NB businesses