



I got the COVID-19 Vaccine. What now?



Thank you for choosing to get the COVID-19 vaccine! Protecting yourself helps protect everyone around you and brings us one step closer to the end of the pandemic. Until then, remember:



Keep wearing a mask and practicing social distancing.

We need both the vaccine and the prevention tools we have been using for the past year to help end the pandemic. We also aren't sure yet whether a person who has been vaccinated and has no symptoms can still carry the virus and spread it to others. Wear a mask, wash your hands often, and stay at least six feet away from others outside your household even after you receive the vaccine.



Get your second dose.

The first dose of the vaccine offers you some protection, but both doses are required for maximum protection. It takes up to two weeks after the second shot for your immune system to fully respond and provide protection against COVID-19. Talk with your

provider to ensure you are scheduling the second dose in the right time frame for maximum effectiveness



Watch for mild side effects.

You may have pain in the arm where you got the shot, a fever, body aches, headaches, or tiredness for a day or two. Noticeable side effects are more likely after the second shot. The vaccine cannot give you COVID-19, so side effects are never a sign that you are infected.



If side effects stick around or get worse, call your doctor.

If side effects persist, call your doctor for suggestions to help with symptoms. More severe reactions are rare, but call your doctor right away if any unusual symptoms occur.

How do I report it if I have a problem or bad reaction after getting a COVID-19 vaccine?

The CDC has created two tools to help monitor your reaction and collect information that may inform future changes to vaccine guidelines. V-safe, is a smartphone-based symptom

monitor that uses text messaging and surveys to check in with vaccine recipients, remind you about your second dose, and follow up by phone with the small number of people who may experience serious reactions.

The Vaccine Adverse Event Reporting System (VAERS) collects reports from healthcare professionals, vaccine manufacturers, and vaccine recipients who experience adverse events (side effects). Reports to VAERS help the CDC monitor the safety of vaccines and decide whether changes are needed in U.S. vaccine recommendations.



If you are exposed to COVID-19 or show symptoms more than a few days after receiving the vaccine, stay home and call your doctor.

Available vaccines were more than 90% effective in clinical trials, but some vaccinated people will still be infected. If you are exposed or show symptoms, call your doctor and get tested. The good news is that vaccinated people are unlikely to get really sick if they get COVID-19.

If you test positive for COVID-19, wait to get your second vaccine dose until after you recover and are out of isolation. Remember, too, that you should not receive any other vaccines, including your flu shot, within 14 days of the COVID vaccine.

Questions?

Call the COVID-19 Hotline at **(804) 205-3501**

or

email **RHHDvax@vdh.virginia.gov**