What to expect after your
2nd DOSE OF 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 feel like the flu and may even affect your ability to do daily activities, but they should go away in a few days.

You may have side effects from the vaccine.

Common side effects are:
- Pain, swelling, or redness on the arm where you got your shot
- Tiredness
- Headache
- Chills
- Muscle or joint pain
- Fever
- Nausea or vomiting

While rare, some people may have a severe allergic reaction after getting the vaccine. This is why the CDC recommends people be monitored immediately after getting a COVID-19 vaccine.

HELPFUL TIPS:

If you have pain or discomfort, talk to your healthcare provider about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

**To reduce 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

You can use V-Safe to tell the CDC about any side effects you may experience. V-Safe is an optional smartphone tool that uses text messages and web surveys to provide personalized check-ins. Learn more and register at cdc.gov/vsafe.

Should I call the doctor?

In most cases, discomfort from fever or pain is normal and will go away after a few days. Contact your 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.

Continue taking prevention steps to stop COVID-19 from spreading.

It’s important for everyone to continue using all the tools available to slow the spread of COVID-19, like wearing masks, practicing social distancing, and washing our hands.

REMEMBER:
- It takes time for your body to build protection after a vaccine. You may not be protected from COVID-19 for a couple of weeks after your second shot.
- Experts need to understand more about how COVID-19 vaccines keep us safe from this virus before changing prevention recommendations.

For more information about COVID-19: www.covidvax.alaska.gov