

# What to Expect after Getting the 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 affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

## Common side effects

### On the arm where you got the shot:

- Pain
- Redness
- Swelling

### Throughout the rest of your body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

## Helpful tips

If you have pain or discomfort after getting your vaccine, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

### To reduce pain and 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

## When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or 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



Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine.

Learn more about v-safe.

[www.cdc.gov/vsafe](https://www.cdc.gov/vsafe)

## Remember

- Side effects may affect your ability to do daily activities, but they should go away in a few days.
- With some COVID-19 vaccines, you will need 2 shots in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get it.
- You will only need 1 shot of the viral vector COVID-19 vaccine, Johnson & Johnson's Janssen COVID-19 Vaccine.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until about two weeks after your second shot. For COVID-19 vaccines that require 1 shot, it takes about two weeks after vaccination for your body to build protection.
- After you are fully vaccinated, you may be able to start doing some things you had stopped doing because of the pandemic. Visit CDC's website for the latest recommendations. [www.cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines).

I got a COVID-19 vaccine. Now what?

### HOW LONG DOES THE VACCINE TAKE TO WORK?

All three vaccines begin to protect you soon after being administered, including with the first dose. You are **considered fully vaccinated for COVID-19** starting two weeks after you have received the second dose of the Pfizer-BioNTech or Moderna vaccine or two weeks after you have received the single-dose Johnson & Johnson vaccine.

### WHY DO I NEED TO COME BACK FOR A SECOND DOSE?

The FDA-approved Pfizer-BioNTech and Moderna vaccines require a two-dose series to achieve the highest levels of immunity. **\*SAFE TRAVELS require full vaccination to select non-test/non-quarantine option.\***

You will be notified in the next 2 weeks by email via [SignUpGenius.com](https://SignUpGenius.com) to schedule your 2<sup>nd</sup> dose. Be sure to also check your junk mail folder. Please keep your vaccination card in a safe place. If you need a replacement, contact Maui District Health Office Scheduling Call-Center **(808) 984-3780** or email [doh.mdhocovid19clinics@doh.hawaii.gov](mailto:doh.mdhocovid19clinics@doh.hawaii.gov)

### CAN I VISIT MY FAMILY AND FRIENDS?

While no vaccine provides 100% immunity, all available COVID-19 vaccines are highly effective. Under current CDC recommendations, fully vaccinated people can visit with other fully vaccinated people indoors without wearing masks or physical distancing. You can also visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease without wearing a mask or physical distancing. Fully vaccinated people should continue to take precautions when visiting unvaccinated people who are at increased risk for severe COVID-19 disease and when visiting with unvaccinated people from multiple households.

### DO I STILL NEED TO WEAR A MASK AND SOCIAL DISTANCE IN PUBLIC?

Yes. As many people wait to get their vaccine, it is still important to wear a mask and keep a safe distance to stop the spread of the virus. Public health officials estimate that 70-85% of the population needs to be vaccinated to stop the spread.

### HOW LONG DOES THE VACCINE LAST?

Medical experts are monitoring immunity in people who have been vaccinated to determine how long the vaccine protection lasts.

For more COVID-19 information and safe travels, please visit:

<https://hawaiiicovid19.com/>

