



## What To Expect at Your COVID-19 Appointment

As more people get vaccinated, here are a few tips to make it a positive experience.

### Be patient

When you arrive, you'll have some paperwork to fill out and you may have a bit of a wait. You will be asked some questions and you will need to fill out a consent form. You will also need to show your identification and insurance card (it's ok if you don't have one).

### Be safe

You still need to wear your mask and practice social distancing when you get your vaccination. Medical staff will be washing their hands and doing their part to keep you healthy.



### Read the signs

Pay attention to any signs directing where to stand, where to go next, etc. You may also see signs indicating capacity limits for the room.

### Listen

The medical professional who gives you the vaccine may ask questions about your medical history or may say things to keep you calm. Listen carefully, answer the questions and follow directions they give you as they administer the shot.

### Wait

After you receive the shot in your upper arm, you will be asked to wait for a few minutes before leaving. A nurse will check for medical reactions, including anxiety about getting the shot. In rare cases, reactions can occur after leaving the facility. If that happens, call your doctor immediately.

From start to finish, your appointment should last **about an hour**.

Once you receive your COVID-19 vaccine (first or second dose), the Centers for Disease Control and Prevention (CDC) recommends you **wait at least 14 days before getting a vaccine for the flu, shingles, or other illness.**

The reverse is also true if you get another vaccine before getting a COVID-19 vaccine.



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# What to Expect After Your Vaccination

Here are a few tips on what you might experience after getting the COVID-19 vaccine.

## Right after the shot

You will be asked to wait for about 15 minutes as a precaution to rule out an allergic reaction - which is very rare.

## Side effects

It's not uncommon to have mild side effects from vaccinations, but they are much less serious than having COVID-19. According to the CDC, **side effects are a sign that your body is building protection**. Side effects usually show up one to three days after your shot, and they're more common after your second dose.

## Keep up with the pandemic precautions

It takes about **two weeks for you to be fully protected** after you receive your final vaccination, but after that, the vaccines are highly effective.

### The most reported side effects include:

- Redness, swelling, and/or pain at the injection site
- Tiredness or fatigue
  - Headache
  - Muscle pain
  - Chills
  - Joint pain
  - Fever
- Nausea and/or vomiting
- Swollen lymph nodes

### Here are some tips that might help:

- Move your vaccinated arm around gently to help reduce pain or swelling.
- Put a cool, wet washcloth on the injection site to help reduce any soreness.
- Take a non-aspirin pain reliever any pain.

# Take Charge of Your Health This Month



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**Reducing refined carbohydrates and excess sugars** helps prevents blood sugar fluctuations and can increase your energy level.

**Preferring steamed and grilled foods** to fried ones is good for your brain health.

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