

After your vaccination

blueprint

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. While you are waiting, you can sign up for **v-safe**, a smartphone-based tool that provides health check-ins after receiving your vaccination. Through v-safe, you can tell the Centers for Disease Control and Prevention (CDC) if you have any side effects and they can check on you.

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.

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 (if it's safe for you to take one) if you experience soreness, muscle aches or low-grade fever.

Side effects should resolve within a few days and seem to be less frequent or severe for those over age 55.



Keep up 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. Until then, you could still catch COVID-19, so you should continue to take precautions.

Even after you are fully protected, you still need to:

- **Wash your hands**
- **Wear a mask**
- **Stay at least 6 feet from others in public**

Why? We don't know yet if fully vaccinated people can spread the illness to others. And the virus keeps changing, it is good to protect yourself from those variants. So far it looks as if the vaccines do protect from the different variants, but that could change.

Once case numbers drop, officials may say some pandemic precautions can stop. And once enough of us are vaccinated, we can all get those hugs we've been missing.

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