

# After Your COVID-19 Vaccination

## What to know and what to do

Read this handout to learn what side effects you or your child might experience after receiving a COVID-19 vaccination and what to do if you or your child has symptoms.

### What symptoms are possible side effects of the COVID-19 vaccine?

For the **first 72 hours**, symptoms may include:

- Pain, redness or swelling at the injection site
- Fever of 100°F (37.8°C) or higher
- Fatigue
- Chills
- Muscle aches and pain
- Joint aches
- Headaches

These symptoms are typically temporary and mild to moderate. They're normal signs that a person's body is building protection.

**Infants and children** may experience side effects that are similar to those from other childhood vaccinations, such as fever, tenderness and redness at the injection site. They may also act fussy and eat less often than usual.

### How can I treat these symptoms?

- To reduce pain or swelling at the injection site, apply a cold pack or ice in a wet washcloth to the area for 20 minutes. Repeat in 1 hour if needed
- Treat a fever that's 101° F (38.3° C) or higher. Taking medicine to treat a fever usually lowers your temperature by 2°F (1 to 1.5°C).
- For pain or fever relief, if your clinician or your child's clinician has told you it's safe to do so, take over-the-counter acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). These medicines are available at a drugstore or pharmacy. Dosages vary by age, so read instructions on the label carefully.
- For an infant who's not eating as much as usual at 1 time, give more frequent but smaller feedings.
- Aspirin isn't recommended to give to children and adolescents younger than 18 years.

### What if I or my child still has any of these symptoms after 72 hours?

Call 1 of the phone numbers listed on the other side of this handout for advice.

## What symptoms are *unlikely* to be side effects of the COVID-19 vaccine?

- Cough
- Shortness of breath with or without fatigue
- Runny nose
- Sore throat
- Loss of taste or smell
- Chest pain
- Palpitations (fast, fluttering or pounding heartbeat)
- Extreme fussiness or listlessness in infants

## What do I do if I or my child has these symptoms?

Call 1 of the phone numbers listed at right for advice.

### **It's not possible to get COVID-19 from the vaccine.**

However, the symptoms listed above may be the result of having been exposed to the COVID-19 virus before receiving the vaccine. They may also be symptoms of exposure to influenza or another cause.

## What if I have more questions about symptoms?

***Call your clinic.***

Virtual visits are also available if you prefer to discuss your symptoms with a clinician.

To schedule an appointment, visit

**healthpartners.com** or call:

- HealthPartners: **952-967-7676**
- Park Nicollet: **952-993-2000**
- Amery Hospital & Clinic: **715-268-8000**
- Hutchinson Health Clinic: **320-234-3290**
- Olivia Hospital & Clinic: **800-916-1836**
- Stillwater Medical Group: **651-439-1234**
- Westfields Hospital & Clinic: **715-243-3400**

