COVID-19 Vaccination: What you Need to Know to Be an Informed Health Care Consumer

Supported by an educational grant from Janssen Therapeutics, Division of Janssen Products, LP
What to Expect After Your COVID-19 Vaccine

Side Effects

You may have some expected, short-term, mild side effects caused by your immune system as it generates a normal response to the vaccine to protect you against COVID-19. These can include:

- Fever and chills
- Tiredness
- Nausea
- Headache
- Muscle aches and pain
- Rash, pain or swelling at the injection site

Serious side effects are rare and depend on the type of vaccine you received. Talk with your health care provider about these side effects.

Millions of people have received the COVID-19 vaccine, and minimal adverse issues have been reported.

Guidance for When you Are Fully Vaccinated

- Outdoor activities are generally safe.
- Most indoor activities pose low risk, particularly in regions with low or moderate transmission.
- Even with the delta variant, infections are rare in fully vaccinated people.
  - However, fully vaccinated people infected with the delta variant can transmit it to others.
- In regions with substantial or high transmission, wear a mask in public indoor settings.
- Get tested if you experience COVID-19 symptoms.
Five Questions to Ask Your Health Care Provider Before Getting Vaccinated

Side Effects
You may have some expected, short-term, mild side effects caused by your immune system as it generates a normal response to the vaccine to protect you against COVID-19. These can include:

1. What are the risks and benefits of COVID-19 vaccination for me, and how do they compare with the risks of COVID-19 infection?
2. Which vaccine(s) do you offer and what is the vaccination schedule?
3. What side effects should I be aware of, and what should I do if I experience side effects?
4. How long after my final vaccine will I be considered fully vaccinated?
5. Should I plan to receive a booster vaccine six months after my first vaccine?

Notes

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