

# COVID-19 Vaccination

## Vaccine after care

**Thank you for getting vaccinated and for doing your part to help protect yourself, your loved ones and the community from COVID-19.**

### Right after your vaccine







Although allergic reactions are very rare, clinic staff will ask you to wait for 15–30 minutes after getting the vaccine to make sure you do not have an allergic reaction.

**Please let clinic staff know if you feel unwell or experience any of the following symptoms while you wait:**

- trouble breathing
- swelling of your face or mouth
- skin rash

### After you leave

Side effects can develop in the day or two after receiving the vaccine.

What you might notice	What you can do
<ul style="list-style-type: none"> <li>• pain, redness or swelling in your arm</li> </ul> 	<ul style="list-style-type: none"> <li>• put a cool, damp cloth on your arm</li> <li>• take your usual pain reliever</li> </ul> 
<ul style="list-style-type: none"> <li>• headache</li> <li>• tiredness</li> <li>• sore muscles or joints</li> <li>• sore or swollen glands under your arm</li> <li>• fever or chills</li> <li>• nausea and vomiting</li> <li>• diarrhea</li> </ul>  	<ul style="list-style-type: none"> <li>• take your usual pain reliever</li> <li>• drink lots of fluids</li> </ul>  

**Call Telehealth Ontario at 1-866-797-0000/TTY: 1-866-797-0007 or your primary care provider if:**

- redness, pain or swelling where you got the vaccine gets worse after 24 hours
- side effects are not getting better after a few days

**Call 9-1-1 if you have:**

- hives
- swelling of your face or mouth
- problems breathing
- pale colour and drowsiness
- high fever (more than 40°C/104°F)
- convulsions or seizures
- other serious symptoms

**Help improve COVID-19 vaccination in Ontario**

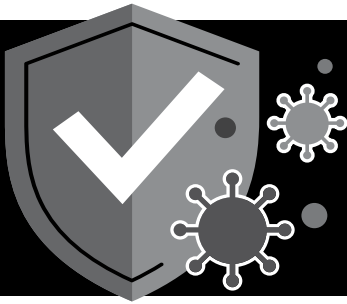
Use this QR code or [bit.ly/SDOHsurvey](https://bit.ly/SDOHsurvey) and complete the Ministry of Health survey now.



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[regionofwaterloo.ca/COVID19vaccine](https://regionofwaterloo.ca/COVID19vaccine)



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### When will I get my next dose?

For information on booking your next dose appointment visit: [regionofwaterloo.ca/GetaVaccine](https://regionofwaterloo.ca/GetaVaccine) or call 519-514-1499.

**Report Adverse Side Effects:** If you have experienced a cardiac event or any other serious symptoms after your first dose of the COVID-19 vaccine, you need to be assessed by your primary care provider prior to your second dose.

### How can I help once I get vaccinated?

- Share your story.
- Tell others why you are getting vaccinated and encourage them to do the same.
- Have conversations about COVID-19 vaccine with family, friends and coworkers.
- Continue to follow public health measures.

### Now that I have the vaccine, do I still need to wear a mask?

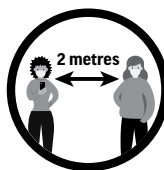
**Yes, building immunity takes time.** Depending on the vaccine, you need at least two doses spaced apart. You are considered fully vaccinated 14 days after your second dose (for mRNA vaccines). You must continue to wear a mask after you get the vaccine. Getting vaccinated adds one more layer of protection.

### Once I get vaccinated, can I go visit my friends and family?

We do not have enough data. It is unclear if the vaccine prevents symptomless infection or reduces transmission. Even after you are vaccinated, you can still get, carry and pass COVID-19 onto others.

**It is important that you continue to follow public health measures after you are fully vaccinated:**

- Wear a mask that covers your nose and mouth.
- Avoid gatherings with people that live outside your home.
- Limit trips outside your home (groceries, medical appointments and work).
- Practice physical distancing, stay 2 metres away from people you do not live with.
- Wash your hands often with warm water and soap or alcohol-based hand sanitizer.
- Avoid indoor spaces and crowded places.
- Stay home when you are sick and isolate from others.



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