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.

<table>
<thead>
<tr>
<th>What you might notice</th>
<th>What you can do</th>
</tr>
</thead>
<tbody>
<tr>
<td>• pain, redness or swelling in your arm</td>
<td>• put a cool, damp cloth on your arm</td>
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<tr>
<td></td>
<td>• take your usual pain reliever</td>
</tr>
<tr>
<td>• headache</td>
<td>• take your usual pain reliever</td>
</tr>
<tr>
<td>• tiredness</td>
<td>• drink lots of fluids</td>
</tr>
<tr>
<td>• sore muscles or joints</td>
<td></td>
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<tr>
<td>• sore or swollen glands under your arm</td>
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<tr>
<td>• fever or chills</td>
<td></td>
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<tr>
<td>• nausea and vomiting</td>
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<tr>
<td>• diarrhea</td>
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</tbody>
</table>

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 and complete the Ministry of Health survey now.

#TeamVaccineWR
regionofwaterloo.ca/COVID19vaccine
When will I get my second dose?

The appointment for your second dose will automatically be booked for the same time, day and clinic as your first dose. You will receive confirmation by email or text a few days after your first appointment. **Please note:** second dose vaccine appointments should not be rescheduled, except in the case of an emergency.

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. You need two doses of the vaccine spaced apart. It takes 7 to 14 days after your second dose to reach full protection. 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.

We did it!

#TeamVaccineWR

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