

**For providers**

Date: \_\_\_\_\_

Today I received the (circle one): **Pfizer** **Moderna**

Second dose appointment details: \_\_\_\_\_

**It's great you got your vaccination today!**

Vaccination will help protect you from serious COVID-19 illness. After vaccination, many people will have some symptoms which are a sign that your body is working with the vaccine. These symptoms may make you feel like you have the flu and may make it difficult to do some of your regular activities for 24-48 hours.

**Most people** will have one or a few of these side effects

Pain at injection site	Muscle pain or joint pain
Tiredness	Upset stomach, vomiting or diarrhea
Headache	Chills
Fever	

**Some people** may have one or a few of these side effects

Loss of appetite	Swollen lymph nodes
Dizziness or sleepiness	Rash or itchy skin (not at injection site)
Excessive sweating	

**If you have any of these serious symptoms, call 9-1-1**

Swelling of your face or mouth	High fever (over 40°C)
Hives	Convulsions or seizures
Trouble breathing	Other serious symptoms like "pins and needles" or numbness
Very pale colour and serious drowsiness	

**How to treat side effects**

- **To reduce pain or discomfort at the injection site**, apply a clean, cool, wet washcloth over the area and lightly exercise your arm.
- **For muscle pain and fever**, you can take over-the-counter medications like Tylenol and Advil, unless there are other reasons you shouldn't take those. If you're not sure, ask your primary care provider. If you start with Tylenol or Advil and the fever doesn't go down to below 37.8°C after an hour, it's safe to try the other one an hour later to see if it works better.
- **If you have fever or diarrhea**, make sure to drink plenty of fluids.
- **If you have fever**, rest and dress in light clothing to keep you cool.



**If side effects aren't going away after 48 hours, call: Telehealth: 1-866-797-0000 or your Primary Care Provider: \_\_\_\_\_**

**Remember**

- You will need 2 shots to be fully protected. **Even if you have side effects from the first shot, it's important to get the second one** unless your primary care provider or vaccination provider tells you not to.
- If 2 doses are needed, your first dose helps to protect you from serious cases of COVID-19, **but you will not be fully protected until 2 to 4 weeks after your second dose.** The plan for your second dose may change as we learn more about the best timing.
- **You MUST continue to follow public health measures. Even if you're vaccinated, you could still pass the virus on to someone who isn't vaccinated yet.** Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.
- **You can help the vaccine effort!** Tell your friends and family you're happy to have gotten the vaccine and that you hope that they will get their vaccine soon too.



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