



First Nations Health Authority  
Health through wellness

# After You Get Your COVID-19 Vaccine

## After You Get Your COVID-19 Vaccine:

### Please wait for 15 minutes after your vaccination.

Inform a health care provider if you feel unwell while waiting.

Please leave your mask on and remain at least two metres away from others.



## The Next Few Days:

### The vaccine may cause side effects, such as:

- Pain where the needle was given
- Headache
- Feeling tired
- Sore muscles
- Nausea or vomiting
- Fever or chills



These reactions mean the vaccine is working to help teach your body how to fight COVID-19. For most people, these side effects will last no longer than a day or two, and will go away on their own.

**Serious side effects after receiving the vaccine are rare.** If you develop serious symptoms or symptoms that could be an allergic reaction such as itchy bumps on the skin, swelling of your face, tongue or throat, or difficulty breathing, call 9-1-1 right away. Be sure to tell them that you received the COVID-19 vaccine.

A rare but treatable inflammation of the heart can happen in the first week after receiving the vaccine, mostly in young males. If you have any symptom that is unexpected you should seek health care advice and treatment.

Symptoms such as cough or other respiratory symptoms are not side effects of the vaccine and are more likely to be due to a respiratory infection like COVID-19. If you develop these symptoms, you may need to be tested for COVID-19. Contact your health care provider or call 8-1-1 for advice.

## After the Vaccine:

### Continue to follow Public Health guidelines

