

AFTER CARE

AstraZeneca/Vaxzevria® COVID-19 Vaccine

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What should I do right after receiving the vaccine?

- Wait for at least 15 minutes after receiving your vaccine. A longer waiting time of 30 minutes may be recommended if there is concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these events should they occur.
- You may be asked to wait in the clinic or outside the clinic (such as in your vehicle) if an adult is with you. If you are asked to wait outside, inform the health care provider if you do not have a warm, dry place to wait.
- Inform a health care provider at the clinic if you feel unwell while waiting. If waiting in your vehicle, you can honk your horn to get their attention.
- If waiting inside the clinic, be sure to leave your mask on if at all possible and remain at least 2 metres away from anyone not part of your household.
- Use the alcohol-based hand rub to clean your hands before leaving the clinic.
- Do not operate a vehicle or other form of transportation for at least 15 to 30 minutes after being vaccinated (as advised by the health care provider) or if you are feeling unwell.

What should I expect in the next few days?

Side effects can develop in the day or two after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for a day or two; they will go away on their own.

- The most common side effect is pain where the needle was given; swelling where the needle was given may also occur. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.

- Some local reactions may occur about 7 days or more after immunization and include a rash, tenderness and extensive swelling where the injection was given. This is a known reaction that resolves on its own within 7-10 days.
- Other symptoms may include tiredness, headache, muscle pain, joint pain, nausea and vomiting, and chills or fever.
- Enlarged lymph nodes (swollen glands) that last for several days may also occur.
- If needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever. Check with your health care provider if you need advice about medication.
- Serious side effects after receiving the vaccine are rare. However, **should you develop any serious symptoms or symptoms that could be an allergic reaction, call 9-1-1 right away.** Symptoms of an allergic reaction include:
 - » Hives (bumps on the skin that are often very itchy)
 - » Swelling of the face, tongue or throat
 - » Difficulty breathing
- There have been very rare reports of a combination of blood clots and low levels of blood platelets, in some cases with bleeding, following immunization with this vaccine. This includes severe cases presenting in unusual sites such as the brain and abdomen. Go to Emergency or call 911 right away if you have any of the following symptoms within 42 days after vaccination:
 - » Shortness of breath
 - » Chest pain
 - » Leg swelling or pain
 - » Abdominal pain that does not go away
 - » Sudden onset of severe or worsening headaches that do not go away or blurred vision
 - » Skin bruising (other than at the site of vaccination)
 - » Confusion or seizures

- There have been very rare reports of capillary leak syndrome following immunization with this vaccine. This syndrome is a very rare, serious condition that causes fluid leakage from small blood vessels (capillaries). Go to Emergency or call 911 right away if you have any of the following symptoms anytime after vaccination:
 - » rapid swelling of the arms and legs
 - » sudden weight gain accompanied by feeling faint
- There have been very rare reports of an autoimmune condition called immune thrombocytopenia. This disorder typically occurs within 28 days after immunization and causes excessive bruising and bleeding because of low blood platelet levels. Death is rare. Seek medical care immediately if you experience the following:
 - » unexplained bleeding
 - » unexplained bruising
 - » small purplish spots beyond the site of vaccination
 - » shortness of breath
 - » chest pain
 - » leg pain and/or swelling
 - » persistent abdominal pain
- Rare cases of tinnitus (ringing or other noises in one or both ears) or hearing loss have been reported after receiving a COVID-19 vaccine. The majority of the reports have happened following vaccination with the Pfizer-BioNTech COVID-19 vaccine.
- If you have any concerns about other symptoms you develop (other than those listed above) after receiving the vaccine, call 811. If you received your vaccination from a pharmacist, please consult them first when possible.
- If you still need to receive another dose, tell the person providing the next dose about any side effects that you experienced after the first dose.

When should I return for my next vaccine dose?

- Evidence shows that an 8 week interval is optimal between first and second doses but the minimum interval of 28 days will still be provided if people choose the shorter interval.
- After the second dose, it is recommended that people aged 18 and older return for a booster dose after four months. This is very important to ensure the vaccine continues to work well. Make an appointment or follow the instructions of the health care provider to ensure you receive doses at the right time.
- Eligible high risk individuals should receive additional/ 'booster' doses of mRNA vaccine; the number and interval of the additional doses should be discussed with your healthcare provider.
- Unless contraindicated, an mRNA vaccine (Pfizer or Moderna) is preferred for further doses based on effectiveness studies.
- Another COVID-19 vaccine may be offered if there are contraindications to mRNA vaccine.
- **Tell** the person providing the next dose about any side effects you experienced after a previous dose.

Things to remember

- **Continue to follow the recommendations of local public health officials** to prevent spread of COVID-19, which may include wearing a mask, staying at least 2 metres from others and limiting/avoiding contact with others outside your household.
- **Keep this sheet or other immunization record in a safe place.** You can also download the CANImmunize app to keep track of this and other vaccines. Sign up for MySaskHealthRecord, a secure website that enables Saskatchewan citizens to quickly and easily access their personal health information including immunization history.
- Women who are vaccinated with AstraZeneca Vaxzevria® during pregnancy are encouraged to enroll in the COVID-19 Vaccines International Pregnancy Exposure Registry that monitors pregnancy outcomes. Register by visiting <https://c-viper.pregistry.com>.

