

# COVID-19 Moderna Vaccine After Care

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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 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, 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 breathingAny serious side effects after vaccination should be reported to your local public health department.
- If you have any concerns about the symptoms you develop after receiving the vaccine, contact your health care provider for advice, and so they can report the reaction.
- If you still need to receive your second dose, tell the person providing the second dose about any side effects you experienced after the first dose.

## When should I return for my second vaccine dose?

- **Return for your second dose of the Moderna vaccine in 4 months.** It is very important to receive the second dose for the vaccine to work well. Make an appointment or follow the instructions of the health care provider to ensure you receive the second dose at the right time and with the Moderna vaccine (and not another COVID-19 vaccine).
- **Bring your immunization record with you for the second dose** and tell the person providing the second dose about any side effects you experienced after the first 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.
- **Do not receive any other vaccines** for 28 days after a dose of COVID-19 vaccine unless public health directs vaccination in cases like post rabies exposure.
- **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.