

AFTER CARE

Novavax Nuvaxovid® COVID-19 Vaccine 12+ Years Rev. March 28, 2023

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 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 within a few days of 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.

- Other symptoms may include tiredness, headache, muscle pain, joint pain, nausea, vomiting, chills, fever and/or tingling in the body or face.
- 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
- Myocarditis (inflammation of the heart) and/or pericarditis (inflammation of the outer lining of the heart) has been reported following immunization with this vaccine. Go to Emergency or call 911 right away if you have any of the following symptoms any time after vaccination:
 - » Shortness of breath
 - » Chest pain
 - » Irregular heartbeat, a very fast or pounding heartbeat
- If you have any concerns about this or other symptoms you develop after receiving the vaccine, call 811. If you received your vaccine 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 you experienced after a previous dose.

Continued...

When should I return for my next vaccine dose?

- Evidence shows that an 8 week interval is optimal between first and second doses for a primary series. 28 days is the minimum recommended interval in Saskatchewan but an interval of 21 days may be provided if people choose the shorter interval.
- mRNA bivalent vaccine is the preferred vaccine for a booster dose. However, for those who are not able or willing to receive an mRNA COVID-19 vaccine as a booster dose, Novavax's Nuvaxovid® may be offered to those without contraindications to the vaccine.
- You/your child are/is considered up-to-date on your/their vaccinations if you/they have received the last dose you/they are eligible for.
- Please ask your healthcare provider for more information or visit <https://www.saskatchewan.ca/covid19-vaccine>.

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.