



# COVID-19 vaccine fact sheet

## Today you became part of the solution!

Your COVID-19 vaccination is an important step in ending COVID-19. We wanted you to have some information that can answer any questions you may have after receiving the vaccine.

## Understanding side effects

Side effects are normal, expected, and will usually go away on their own with no medical treatment.

**Side effects are proof your body and the vaccine are working together to build an immune response, this is a good thing!**

### Common side effects (injection site reactions)



soreness



redness or swelling

To reduce injection site side effects:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

### Less common but still normal side effects



fever



headache



muscle or  
joint aches



tiredness

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

## When you should call your healthcare provider

Feeling bad because of a fever or pain is normal. But you should call your healthcare provider if:

- redness or tenderness where you got the shot increases after 24 hours
- side effects are worrying you or do not seem to be going away after a few days

If you do not have a healthcare provider, call Marin Community Clinics at (415) 448-1500.

## Save your vaccination card

Your card is a reminder of which vaccine you received and when to come back for your second dose.

**Helpful hint: use your phone to take a picture of your card.**

COVID-19 Vaccination Record Card

Please keep this record card, which includes medical information about the vaccines you have received.

Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ID \_\_\_\_\_

Date of birth \_\_\_\_\_ Patient number (medical record or ID record number) \_\_\_\_\_

Vaccine	Product Name/Manufacturer Lot Number	Date	Healthcare Professional or Clinic Site
1 <sup>st</sup> Dose COVID-19		mm / dd / yy	
2 <sup>nd</sup> Dose COVID-19		mm / dd / yy	
Other		mm / dd / yy	
Other		mm / dd / yy	

## Understanding allergic reactions

Serious allergic reactions (anaphylaxis) are extremely rare (about 1 in 1 million doses) and occur seconds or minutes after vaccination. Mild or moderate allergic reactions are also uncommon but can happen up to 24 hours after vaccination.

While very unlikely, if you feel like you are having a **serious allergic reaction** (such as having trouble breathing) after leaving the vaccination site, call 911.



## Getting your second dose

Pfizer-BioNTech & Moderna vaccines require 2 doses to be most effective:

- **Pfizer-BioNTech:** 3 weeks (or 21 days) after your first shot,
- **Moderna:** 1 month (or 28 days) after your first shot.

Staff at the vaccination site will help you make your 2nd dose appointment before leaving the vaccination site and you will get an email reminder the day before your appointment

### Why the second dose is so important:

- The vaccines protects about 80% of people after the first dose and about 95% after the second dose.
- The second dose helps your body produce a greater immune response than the first dose.
- You won't receive the full benefits of the vaccine unless you get both doses

## Reporting symptoms

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose. Enroll at [vsafe.cdc.gov](https://vsafe.cdc.gov) or aim your camera at the QR code in the smartphone image.



## Continue practicing prevention

Until everyone is vaccinated, and we have COVID-19 under control you still need to practice prevention including :



Wear a mask that covers your nose AND mouth



Stay 6 feet away from anyone you do not live with



Wash your hands often.

## Important things to know

The vaccine cannot give you COVID-19 because it does not contain any part of the virus that causes COVID-19. However, very rarely someone can still get COVID-19 after they are vaccinated. This is because:

- They may have had it before getting vaccinated but didn't have symptoms yet
- Their body didn't mount a good immune response from the vaccine
- They didn't get both doses

If you have COVID-19 symptoms after you have been vaccinated stay home and call your healthcare provider.