



# CITY OF MILWAUKEE HEALTH DEPARTMENT

## AFTER CARE FOR COVID-19 VACCINE

### IT'S GREAT YOU GOT YOUR VACCINE TODAY!

It will help protect you from serious COVID-19 illness.

### POSSIBLE SIDE EFFECTS

Side effects from the vaccine are often mild and short-lived. You might experience any of these beginning the day of vaccination:

- **Pain, swelling, or redness where you got the shot**
- **Tiredness**
- **Headache**
- Fever (low-grade)
- Chills
- Muscle aches
- Joint pain
- Swollen lymph nodes



Side effects should end within 2-3 days after vaccination.

### HOW TO TREAT SIDE EFFECTS

- Cool, wet washcloth over injection site
- Use over-the-counter medications like acetaminophen or ibuprofen (avoid aspirin in children)
- Rest
- Drink plenty of fluids
- Take a hot shower or bath
- Call your doctor if side effects last more than 2 days



### REMEMBER

- **Wear a mask** in higher risk situations
- **Wash your hands** often
- Vaccines cannot give you COVID and will not cause you to test positive for COVID
- If you are sick with COVID/flu symptoms **get tested and stay home** until you are well
- If you are having a **medical emergency, call 911**
- For non-emergency questions call the **MHD Hotline at (414) 286-6800**



### STAY UP TO DATE

Anyone 6 months and older is eligible to receive COVID-19 vaccine. We offer primary series and boosters of:

- **Pfizer**
- **Moderna**
- **Novavax**



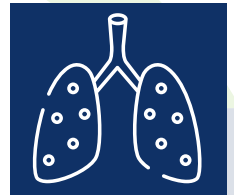
**Visit for how to stay up to date on your COVID-19 vaccines!**

([cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html))

### CONSIDERATIONS

- Allergic reactions from the vaccine are very rare
- Severe reactions occur within minutes to hours after injection

**CALL 911 if you experience any of these: trouble breathing or anaphylaxis**



- Other non-life-threatening allergic reactions include hives, swelling, and wheezing
- If you are allergic to any component of the vaccine, only receive it in a medical setting with close monitoring
- If you have a severe reaction, consult your medical provider about the safest way to get additional doses



# CITY OF MILWAUKEE HEALTH DEPARTMENT

## FREQUENTLY ASKED QUESTIONS AFTER GETTING THE COVID-19 VACCINE



### How long does protection from a COVID-19 vaccine last?

There is evidence that protection after your first doses of COVID-19 vaccine wanes after 6 months. That is why a booster dose is recommended at that time for everyone 12 years and older. Some people will require a second booster 4 months after the first to keep up immunity.



### Do I need to wear a mask and avoid close contact if I have received the vaccine?

**Yes. You still need to take precautions after you have received the vaccine. Here's why:** COVID-19 vaccine protects against severe disease. However, you can still become infected and experience mild disease, so you should continue to protect yourself in high risk situations.



### Where can I get more info on vaccines?

View factsheets for Pfizer-BioNTech, Moderna, and Johnson & Johnson on our website at [milwaukee.gov/CovidVax](https://milwaukee.gov/CovidVax).



### To protect yourself and others, continue to follow these recommendations:

- Wear a mask over your nose and mouth
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often
- Stay home if you're sick



### What if I am exposed to someone with suspected or confirmed COVID-19?

#### You are not required to quarantine if:

- All close contacts should monitor for symptoms for 10 days after exposure. You may or may not have to quarantine based on your vaccination status.
- If you are up to date with your COVID-19 vaccination, you do not have to quarantine. Up to date means you have received your primary series and one booster when eligible.
- All other individuals must stay home for 5 days, wear a mask around others, and get tested 5 days after close contact.

**You should still watch for symptoms of COVID-19.**



Together, the combination of getting vaccinated and following recommendations to protect yourself and others will offer the best protection from COVID-19.