## 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

### FIRST DOSE (FOR 6 MONTHS+)
- **Pfizer**
- **Moderna**

### SECOND DOSE
- **Pfizer:** 3-8 weeks
- **Moderna:** 4-8 weeks

### THIRD DOSE (FOR 6 MONTHS - 4 YEARS)
- **Pfizer:** 8 weeks

### BOOSTER (FOR 5 YRS+)
- **Get a booster of Pfizer or Moderna**
- Johnson & Johnson: 2 months after primary series
- Pfizer or Moderna: 5 months after second dose

### SECOND BOOSTER (FOR 50 YRS+)
- **Get a booster of Pfizer or Moderna 4 months after first booster**
- Individuals under 50 years old who received two doses of Johnson & Johnson or who are moderately or severely immunocompromised are also eligible to receive a second booster

## 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

20 SEC

# 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**.

### 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.**

**MKE CARES**

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