

Ministry of Health

After Your COVID-19 Vaccine

Version 3.0 July 19, 2021

What should I expect in the next few days?

- Common side effects include pain, swelling, colour changes in the skin (e.g. red, purple) at the site where the needle was given, tiredness, headache, muscle pain, chills, joint pain, and mild fever.

When should I see a health care provider?

- Serious side effects are rare. Call your doctor or nurse practitioner or go to the nearest emergency department if you develop any of the following adverse reactions within three days of receiving the vaccine: hives, swelling of your face or mouth, trouble breathing, serious drowsiness, high fever (over 40°C), convulsions or seizures, or other serious symptoms (e.g. "pins and needles" or numbness).
- There have been Canadian and international reports of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the sac in which the heart sits inside of the chest) following vaccination with COVID-19 mRNA vaccines. The majority of reported cases have been mild with individuals recovering quickly. Symptoms have typically been reported to start within one week after vaccination. You should seek medical attention right away if you develop any of the following symptoms after receiving the Pfizer-BioNTech or Moderna vaccine: chest pain, shortness of breath, heart palpitations (pounding or racing heart), or feeling of a rapid or abnormal heart rhythm.
- A very rare but serious syndrome called Vaccine-Induced Immune Thrombotic Thrombocytopenia (VITT) has been observed following vaccination with AstraZeneca/COVISHIELD vaccine. **Seek medical attention immediately** if you develop any of these symptoms after receiving one of these vaccines: shortness of breath, chest pain, leg swelling or pain, persistent abdominal pain, skin bruising (other than at site of vaccination), red or purple spots or blood blisters under the skin, sudden onset of severe or persistent worsening headaches, blurred vision, double vision, confusion or seizures, difficulty speaking or moving part of the body.

Do I still have to follow COVID-19 public health measures?

- The vaccine is an additional way to protect yourself against COVID-19. After either dose of the COVID-19 vaccine you should continue to follow COVID-19 public health measures, such as wearing a mask, practising physical distancing and washing your hands.
- Monitor for symptoms of COVID-19 and get tested if you develop symptoms.

When should I return for my second dose?

- You need two doses of vaccine to be fully immunized. If this is your first dose of the COVID-19 vaccine, be sure to get your second dose as directed by the clinic or the booking system. Bring your printed vaccine receipt that was given to you today to your second appointment.