



Common Vaccination Side-effects

- You may get side-effects in the first 2 days after getting the vaccine.
- These side effects may affect your ability to do daily activities, but they should go away within a day or two.
- For two-dose vaccines, side effects are more common after the second dose. It is important to get the second dose even if you get side-effects after the first dose, unless a vaccination provider or your doctor tells you not to.
- Vaccine side effects are normal and show that your body is learning to build up immunity. Not everyone gets side-effects. Contact your doctor if you have:
 - Vaccine side-effects that last more than 2 days
 - Symptoms that start more than 2 days after you get the vaccine
 - Any of these symptoms: cough, shortness of breath, runny nose, sore throat, or new loss of taste or smell (as these are not vaccine side-effects)
 - Symptoms that get worse or worry you.

Common vaccine side-effects

- Sore or red arm
- Fever, chills, and muscle aches
- Headache
- Feeling tired

Tips to help with vaccine side-effects

- Apply a clean, cool, wet washcloth to reduce pain and discomfort in your arm. It may also help to use or exercise your arm. To reduce discomfort from fever, drink plenty of fluids and dress lightly.
- Over-the counter medicines like acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®) can help if you develop pain, fever, headache, or discomfort.

Allergic Reactions

As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen. If it does, call 911 or go to the nearest emergency room.

The vaccine does not protect you right away

You are considered fully vaccinated:

- 2 weeks after a single-dose of the Johnson & Johnson (J&J)/Janssen vaccine or
- 2 weeks after the second dose of a Pfizer or Moderna vaccine 2-dose series.

Save your vaccine card for your records

Continue to protect yourself and others against COVID-19

It is important to continue to take steps to protect yourself and others even after you are fully vaccinated. Wear a well-fitting mask over your mouth and nose, wash your hands often, stay at least 6 feet away from others, avoid crowds and poorly ventilated spaces (outdoors or well-ventilated spaces are safer). This is especially important if you are in public or around unvaccinated persons, particularly those at higher risk of severe infection.

There are some thing you can start to do after you are fully vaccinated. You can:

- Visit indoors with other fully vaccinated people without wearing a mask or physically distancing.
- Visit indoors with unvaccinated people from one other household without masks or distancing, unless any of those people or their household members has an [increased risk for severe illness from COVID-19](#).
- Travel, provided you take precautions described in the [LA County travel advisory](#).

For more information, visit the "[After you get a vaccine](#)" webpage (scan the QR code or go to [VaccinateLACounty.com](#)).



Sign up for v-safe, the CDC health checker

If you have a smart phone, please sign up at [vsafe.cdc.gov](#) to tell CDC about any side effects.

