



Vaccinated, Now What?

After the appointment:

Monitoring your health

- 1) Monitor for common side effects
 - a. In the days following vaccination, monitor for side effects. Common side effects include:
 - i. Pain, redness, minor swelling at the injection site
 - ii. Tiredness, headache
 - iii. Muscle ache, joint pain, low fever, chills
- 2) Monitor for rare side effects
 - a. Serious side effects following immunization are very rare. If you experience any of the following please **contact your healthcare provider, go to the emergency department, or call 911:**
 - i. Hives, swelling of face or mouth, trouble breathing
 - ii. Pale skin or severe drowsiness
 - iii. High fever (40°C), convulsions or seizure
- 3) Very rare side effects associated with the **AstraZeneca vaccine**
 - a. Serious side effects following immunization with AstraZeneca are very rare. If you experience any of the following please **contact your healthcare provider, go to the emergency department, or call 911:**
 - i. Shortness of breath, chest pain, swelling or cold arm or leg, persistent abdominal pain
 - ii. Severe or worsening headache or blurred vision
 - iii. Multiple bruises, red or purple spots, or blisters under the skin
- 4) Very rare side effects that may be associated with the mRNA (Moderna and Pfizer) COVID-19 vaccines
 - a. Very rare reports of myocarditis and pericarditis have been reported in young people following vaccination from an mRNA COVID-19 vaccine. If you experience any of the following please **contact your healthcare provider, go to the emergency department, or call 911 (Please DO NOT call public health):**
 - i. **Chest pain, shortness of breath**, or feelings of fast beating, fluttering, or pounding heart.

COVID-19 Safety

The COVID-19 vaccine is one form of protection against COVID-19. While COVID-19 remains present in the community, safety guidelines will remain in effect to ensure safety of everyone. After either dose of the COVID-19 vaccine, please continue to follow public health guidelines which include:

- ✓ Limit close contacts
- ✓ Wear a mask when around people that are not household members
- ✓ Stay at least 2m distance from those that are not in your household
- ✓ Monitor for symptoms of COVID-19 daily and get tested if symptoms present
- ✓ Wait at least 28 days before receiving another vaccine
- ✓ Attend second appointment to ensure best protection against COVID-19

Vaccine Documentation

A receipt will be provided to you when you receive the vaccine. This receipt is for personal documentation of the dose received. Keep this receipt in a safe place and bring it to your second vaccine appointment.

If you lose your COVID-19 vaccine receipt and require a new one, you can go online to <https://covid-19.ontario.ca/book-vaccine/>. Please sign in as if you were booking a COVID-19 vaccine appointment. After you fill in all Ontario health card information, you will be given the option to download and print your vaccine receipt(s).

Date of Second Appointment _____



Peterborough Public Health

Serving the residents of Curve Lake and Hiawatha First Nations, and the County and City of Peterborough
