

IMPORTANT INFORMATION FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION

WHAT TO EXPECT AFTER GETTING THE COVID-19 VACCINE

COVID-19 vaccination will help protect you from getting COVID-19. **You may have some side effects, which are normal signs that your body is building protection.** Please visit [ExcellusBCBS.com/covid19](https://www.excellusbcbs.com/covid19) for more information, tips and support.



COMMON SIDE EFFECTS ON THE ARM WHERE YOU GOT THE SHOT:

- ✓ PAIN
- ✓ SWELLING



COMMON SIDE EFFECTS THROUGHOUT THE REST OF YOUR BODY:

- ✓ FEVER
- ✓ TIREDNESS
- ✓ CHILLS
- ✓ HEADACHE



HELPFUL TIPS

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- ✓ Apply a clean, cool, wet washcloth over the area.
- ✓ Use or exercise your arm.

To reduce discomfort from fever:

- ✓ Drink plenty of fluids.
- ✓ Dress lightly.



WHEN TO CALL THE DOCTOR

In most cases, discomfort from fever or pain is normal. Contact your doctor or health care provider:

- ✓ If the redness or tenderness where you got the shot increases after 24 hours.
- ✓ If your side effects are worrying you or do not seem to be going away after a few days.

REMEMBER

- ✓ **With most COVID-19 vaccines, you will need two shots** in order for them to work. **Get the second shot** even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.
- ✓ **It takes time** for your body to build protection after any vaccination. **COVID-19 vaccines that require two shots may not protect you until a week or two after your second shot.**
- ✓ It's important to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. **Even after you've been vaccinated, continue to cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds and wash your hands often.**



Our Health Plan complies with federal civil rights laws.

We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted.

Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意: 如果您说中文, 我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。