

COVID-19 Vaccination

Vaccine after care

Thank you for getting vaccinated and for doing your part to help protect yourself, your loved ones and the community from COVID-19.

Right after your vaccine







Although allergic reactions are very rare, clinic staff will ask you to remain in the clinic for your waiting period according to individual needs (generally 5-30 minutes). If you received a booster dose today, you will only be asked to wait 5 minutes after receiving your vaccine.

Please let clinic staff know if you feel unwell or experience any of the following symptoms while you wait:

- trouble breathing
- swelling of your face or mouth
- skin rash

After you leave

Side effects can develop in the day or two after receiving the vaccine.

What you might notice	What you can do
<ul style="list-style-type: none"> • pain, redness or swelling in your arm 	<ul style="list-style-type: none"> • put a cool, damp cloth on your arm • take your usual pain reliever 
<ul style="list-style-type: none"> • headache • tiredness • sore muscles or joints • sore or swollen glands under your arm 	<ul style="list-style-type: none"> • take your usual pain reliever • drink lots of fluids 
<ul style="list-style-type: none"> • fever or chills • nausea and vomiting • diarrhea 	

Call Telehealth Ontario at 1-866-797-0000/TTY: 1-866-797-0007 or your primary care provider if:

- redness, pain or swelling where you got the vaccine gets worse after 24 hours
- side effects are not getting better after a few days

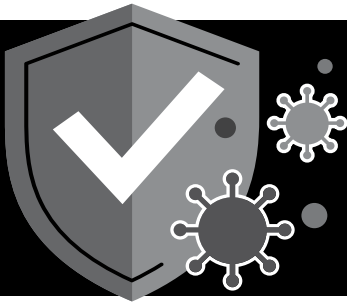
Call 9-1-1 if you have:

- hives
- swelling of your face or mouth
- problems breathing
- pale colour and drowsiness
- high fever (more than 40°C/104°F)
- convulsions or seizures
- other serious symptoms



#TeamVaccineWR   

regionofwaterloo.ca/COVID19vaccine



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What happens after my vaccine?

After each dose of the COVID-19 vaccine that you receive, you will be able to log into the provincial portal to download and or print an electronic COVID-19 vaccine receipt. The vaccine receipt will be a pdf document with a QR code.

You will need the following to log into the provincial portal:

- Green photo health (OHIP) card
- Your date of birth
- Postal code associated with your health card

Report adverse side effects: If you have experienced a cardiac event or any other serious symptoms after a dose of the COVID-19 vaccine, you need to be assessed by your primary care provider prior to your next dose.

How can I help once I get vaccinated?

- Share your story.
- Tell others why you are getting vaccinated and encourage them to do the same.
- Have conversations about COVID-19 vaccine with family, friends and coworkers.
- Continue to follow public health measures.

Now that I have the vaccine, do I still need to follow public health measures?

The vaccine is an additional way to protect yourself against COVID-19. Building immunity from the vaccine takes time. Depending on the vaccine, you may need at least two doses spaced apart to complete the primary series, and booster dose(s) to allow the immune system to mature in breadth and strength. After your dose of the COVID-19 vaccine, you should continue to follow Public Health measures, such as:

- Wear a mask that covers your nose and mouth.
- Avoid gatherings with people that live outside your home.
- Limit trips outside your home (groceries, medical appointments and work).
- Practice physical distancing, stay 2 metres away from people you do not live with.
- Wash your hands often with warm water and soap or use alcohol-based hand sanitizer.
- Avoid indoor spaces and crowded places.
- Stay home when you are sick and isolate from others.

