

What to Expect After COVID-19 Vaccination

The function of the COVID-19 vaccine is to help protect you from getting COVID-19. Although you may have some side effects, they are normal signs because your body is building immunity. Sometimes, side effects may feel like the flu and may even affect your daily activities, but they should go away in a few days.

What are the common side effects and how do I manage them?

- **Pain and swelling on the arm where you got the shot:** Apply a clean, cool, wet washcloth over the area and use or exercise your arm
- **Fever, tiredness, headache:** Drink plenty of fluids, dress lightly, and rest well
- **Chills:** Check body temperature, drink plenty of warm fluids and get a lot of rest

When should I call my doctor?

- 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.

Talk to your doctor about taking over-the-counter medicine: Ibuprofen, aspirin, antihistamines, or acetaminophen.

If you think you might be having a severe allergic reaction seek immediate medical care by calling 911.



V-safe
QR Code

How do I register for V-safe; how long do V-safe check-ins last?

- Once you received the COVID-19 vaccine, you can enroll in V-safe by visiting vsafe.cdc.gov or scanning the V-safe QR code on the left.
- You will receive a text message each day to check on your condition in the first week. Messages will be sent once a week, up to 5 weeks afterward. A new 6-week check-in process will start after your second dose of the vaccine. Health check messages will also be sent in the third, sixth, and twelfth months after all vaccines are completed.
- You are required to stay enrolled in V-safe and can **opt-out at any time**.

When do I get my second shot?

Pfizer: 21 days after the first shot

Moderna: 28 days after the first shot

(The second dose may be given up to six weeks after the first dose.)

Reminder:

- With most COVID-19 vaccines, you will need two shots. Vaccines may not protect you until a week or two after the second shot.
- 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.
- After vaccination, you still need to protect yourself by Wearing masks, staying six feet away from others, avoiding crowds and poorly ventilated spaces, washing your hands often.

For more information, visit www.CDC.gov



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接種新冠疫苗後須知

接種新冠疫苗的作用就是保護你遠離新型冠狀病毒，雖然你可能會有有些許副作用反應，但這是正常的現象，因為你的身體正建立免疫機能。有些時候，副作用會像罹患流感一樣，有可能影響你的日常活動，但症狀一般會在幾日內消失。

常見副作用及如何緩解？

- 注射的手臂出現疼痛，腫脹：用乾淨涼爽的濕毛巾冷敷注射處，多使用或活動注射的手臂
- 出現發燒，疲勞，頭痛：多喝水，穿著舒適的衣服，休息好
- 怕冷：檢查體溫，補充足夠的水分，注意休息

何時求醫？

- 24小時後注射處發紅或觸痛加劇。
- 副作用令人擔心，或者幾天後似乎也不消失。

可諮詢醫生服用有關處方藥，如布洛芬，阿司匹林，抗組胺藥或醋氨酚來緩解症狀。

如出現嚴重過敏反應，請立即致電911尋求醫療協助。



V-safe
QR Code

我該如何登記使用V-safe? V-safe 的運作期效有多長?

- 在接種第一劑疫苗後，您可以瀏覽政府網站: vsafe.cdc.gov 或掃描左旁的QR Code 下載登記V-safe。
- 在接種疫苗的首星期，您將會每天收到訊息查問您的身體狀況。及後的五個星期內，訊息將會改為每星期發送一次給您。而在第二劑疫苗接種後，重新六星期檢查流程會再次展開。健康檢查訊息相繼亦會在完成所有疫苗後的第三, 六, 及十二個月發送。
- V-safe的登記是自願參與性質，參加者可以隨時退出。

何時接種第二針疫苗

輝瑞：第一針後21日 莫得納：第一針後28日注射 （第一針之後，第二針最多可在六周內完成。）

提醒你：

- 大多數新冠疫苗都需注射兩劑，一般在第二劑注射一到兩星期後疫苗才起效。
- 除非疫苗提供者或你的醫生告知不要再注射，否則即使第一次注射後有副作用，也要進行第二次注射。
- 接種疫苗後仍需做好個人防護工作，繼續：戴口罩，保持6尺社交距離，避開人多地方，確保通風良好以及勤洗手。

有關更多信息，請訪問www.cdc.gov



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