



[Vaccine Site Name Here]  
**After your COVID-19 vaccine**

<b>Dose #1</b> Received on:	<b>Dose #2 ?</b> Come back on:
_____	_____

**What to expect**



Most people feel **sick, tired and sore** after **6 to 12 hours**



You should **feel better** in **2 days**



It takes **14 days** for your body to **build its defence system**



If you **feel worse** after **2 days** call \_\_\_\_\_ **serious symptoms e.g. trouble breathing** call **9-1-1**

**What you can do to feel better**



**Move your arm** to ease stiffness and use an ice pack



Take pain relief medication (**Acetaminophen** or **Ibuprofen**)



Drink fluids



Get **rest** if you can

**What you can say to reassure others**

“Already having other vaccines helped me make this choice”

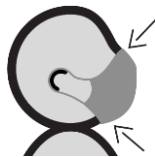
“Vaccines have almost eliminated polio and smallpox”

“This is one thing I can do for myself and my loved ones”

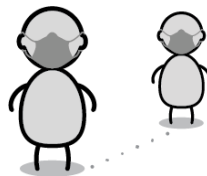


**Questions?**

**Keeping safe in public**



**Wear a mask** that **fits well**



**Keep your distance** from others



**Wash** or **sanitize** your hands often

**It's best to wear a mask and stay distanced until most people are vaccinated**

2021.03.24