



Bureau of Infectious Disease Control

COVID-19 Vaccination Clinic After Visit Summary (AVS) Recommendations for Vaccine Recipients

Thank you for getting the COVID-19 vaccine and doing your part to protect yourself, your family, and your community from COVID-19.

Please wait in the clinic area for 15 minutes after getting the vaccine in case you have any immediate side effects to the vaccine. If you have had any type of allergic reaction within several hours after being given another vaccine or injectable medication therapy, or if you have had a severe allergic reaction (like anaphylaxis) to anything in the past, you should wait and be monitored for 30 minutes after vaccination. Serious reactions are rare, but we want to be careful. You can use that time to read this and other papers we gave you.

You likely will notice some symptoms after vaccination; this means that the vaccine is working and your body is developing protection against COVID-19. The most common symptoms are pain, redness, and swelling where the vaccine was injected, and some people experience swelling and pain in the armpit on the side where the injection took place. People also commonly have symptoms like headache, feeling very tired, having muscle or joint pains, feeling sick and throwing up, or even fever and chills. Most of the time these symptoms are mild, start 1-2 days after vaccination, and then go away on their own soon after. You can use acetaminophen or ibuprofen (medications like Tylenol, or Advil or Motrin) to help you feel better if you have any of these symptoms. You should also enroll in CDC's "v-safe" smartphone tool to tell the CDC if you have any side effects after getting the COVID-19 vaccine (you should have received separate instructions about how to sign up). This is important so we can track side effects people may be having from these new vaccines.

If you have symptoms that are severe, last longer than 2-3 days, or get worse, you should call your primary care provider to be evaluated, and you might need testing for COVID-19 depending on your symptoms. The COVID-19 vaccines can't give you COVID-19, but you could have been infected before, or soon after vaccination before the vaccine had a chance to work. If you don't have a healthcare provider, go to your local emergency department, urgent care center, or local community health clinic (please call ahead).

Serious reactions are rare, but can happen with any vaccine, even hours or days after a vaccine is given. If you have serious symptoms (like chest pains, a hard time breathing, face or throat swelling, a bad rash or hives, severe and persistent abdominal pain or headache, seizures, difficulty with speech or vision, leg swelling, or any other concerning symptoms) you should get medical attention right away or call 9-1-1.

If you were given the Janssen vaccine today, than you're done and you don't need another COVID-19 vaccine shot. If you were given your first shot today with the Pfizer or Moderna vaccines, you will need to get a second shot of the same vaccine to be sure you are fully protected from COVID-19. This second vaccine appointment should be set up for you at the clinic. Please mark the appointment on your calendar so you don't forget to get your second shot!

Thank you again for doing your part to stop the spread of COVID-19 and protect yourself and your community. If you have questions or concerns about the vaccine, or experience any concerning side effects, please talk with your primary care provider. Other vaccine and COVID-19 information is on our website: www.nh.gov/covid19.