याद छान्नुहोस्
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1/8/2021 मा संशोधन गरिएका

COVID-19 फैलिन निदन अपनाउनुहुन्त रोकथाममूलक कठमाधूर पालना गर्न जान्नुहोस्।
COVID-19 को संक्रमण फैलिन कम गरेर उपायहरू निर्देश अवलम्बन गरिएको महत्वपूर्ण हुन्छ, जस्तै शाल लगाउने, सामाजिक दूरी काम गर्ने रहाँदै भने।
यहाँ रहौँनुहोस्:
• कुनै पनि खोप लगाउकाठि, तपाईले गरेको उपायहरू निर्देश शाल लगाउन जस्तै शाल लगाउने, सामाजिक दूरी काम गर्ने रहाँदै भने।
• रोकथाममूलम विस्तारशील परीक्षण गरिएको विषयहरू फ्राइजररहेको छ भने COVID-19 फैलिन निदन अपनाउनुहुन्त रोकथाममूलक कठमाधूर पालना गर्न जान्नुहोस्।

COVID-19 सम्बन्धी विषय जानकारीका लागि यहाँ जानुहोस्: www.healthvermont.gov/COVID-19
Important: Make sure you come back for your second dose.

- The vaccine you received today requires a **second dose**. If you got the Pfizer-BioNTech vaccine, get the second dose in 17-21 days. If you got the Moderna vaccine, get the second dose in 24-28 days. If you miss your second dose, please get it as soon as you can.
- If you don’t already have an appointment for a second dose, contact your vaccine provider to make an appointment as soon as possible.

You may have side effects from the vaccine.

Side effects are normal signs that your body is building protection against COVID-19. Side effects might even affect your daily activities but should go away in a few days.

Common side effects are:

- Pain, swelling or redness on the arm where you got the shot
- Tiredness
- Headache
- Chills
- Muscle or joint pain
- Fever
- Nausea or vomiting

While rare, some people may have a severe allergic reaction after getting the vaccine. This is why the CDC recommends people be monitored after getting a COVID-19 vaccine.

What to do about side effects:

- Call your health care or vaccine provider if side effects are worrying you or if they don’t go away after a few days.
- You can use **V-safe** to tell the CDC about any side effects and to get reminders for your second dose. V-safe is an optional smartphone tool that uses text messages and web surveys to provide personalized check-ins. Learn more and register at [cdc.gov/vsafe](http://cdc.gov/vsafe).
- If you have a bad reaction after getting vaccinated, you or your health care provider can report it to the **Vaccine Adverse Event Reporting System (VAERS)**. Call 1-800-822-7967 or go to [vaers.hhs.gov/reportevent.html](http://vaers.hhs.gov/reportevent.html).

Continue taking prevention steps to stop COVID-19 from spreading.

It is important for everyone to continue using all the tools available to slow the spread of COVID-19, like wearing masks, practicing social distancing, and washing our hands. Remember,

- It takes time for your body to build protection after any vaccine. You may not be protected from COVID-19 for a few weeks after your second shot.
- Experts need to understand more about how COVID-19 vaccines keep us safe from this coronavirus, before changing prevention recommendations.