

Muhimu: Hakikisha unarudi ili kupata dozi yako ya pili.

- Chanjo uliyopokea leo inahitaji **dozi ya pili**.
- Ikiwa hujaweka miadi ya dozi ya pili, wasiliana na mtoa huduma wako wa chanjo ili uweke miadi haraka iwezekanavyo.

Unaweza kupata athari kutokana na chanjo.

Athari ni ishara za kawaida kwamba mwili wako unajenga kinga dhidi ya COVID-19. Athari zinaweza hata kuathiri shughuli zako za kila siku lakini zinapaswa kuisha baada ya siku chache.

Athari za kawaida ni:

- Maumivu, uvimbe au uwekundu kwenye mkono ambapo ulidungwa sindano
- Uchovu
- Maumivu ya kichwa
- Kibaridi
- Maumivu ya misuli au viungo
- Homa
- Kichefuchefu au kutapika

Ingawa ni nadra, watu wengine wanaweza kuwa na athari kali za mzio baada ya kupata chanjo. Hii ndiyo sababu CDC inapendekeza watu wafuatiliwe baada ya kupata chanjo ya COVID-19.

Nini cha kufanya unapopata athari mbaya:

- Pigia simu mtoa huduma wako wa afya au mtoaji wa chanjo ikiwa athari zinakutia wasiwasi au ikiwa hazitaondoka baada ya siku chache.
- Unaweza kutumia **V-safe** kujulisha CDC kuhusu athari yoyote mbaya na kupata makumbusho ya kipimo chako cha pili. V-safe ni nyenzo ya hiari ya simu mahiri ambayo hutumia ujumbe wa maandishi na tafiti za wavuti kutoa uangalizi wa kibinafsi. Pata maelezo zaidi na ujiandikishe katika [cdc.gov/vsafe](https://www.cdc.gov/vsafe).
- Ikiwa una athari mbaya baada ya kupata chanjo, wewe au mtoa huduma wako wa afya mnaweza kuripoti kwa **Mfumo wa Kuripoti Tukio Mbaya la Chanjo (VAERS)**. Piga simu 1-800-822-7967 au nenda kwenye vaers.hhs.gov/reportevent.html.

Endelea kuchukua hatua za kuzuia kuenea kwa COVID-19.

Ni muhimu kwa kila mtu kuendelea kutumia nyenzo zote zinazopatikana ili kupunguza kasi ya kuenea kwa COVID-19, kama vile kuvaa barakoa, kudumisha umbali wa kutengana na kunawa mikono. Kumbuka,

- Inachukua muda kwa mwili wako kujenga kinga baada ya chanjo yoyote. Huenda usiwe na kinga ya COVID-19 kwa wiki chache baada ya kupata chanjo yako ya pili.
- Wataalam wanahitaji kuelewa zaidi kuhusu jinsi chanjo za COVID-19 zinatuweka salama kutokana na virusi hivi vya korona, kabla ya kubadilisha mapendekezo ya kinga.

Kwa maelezo zaidi kuhusu COVID-19: 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 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.
- 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.

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.

For more information about COVID-19: www.healthvermont.gov/COVID-19