

You were vaccinated against COVID-19 today with one of the following vaccines:

- Johnson & Johnson
- Moderna
- Pfizer-BioNTech

Don't forget! Moderna and Pfizer-BioNTech vaccines require two doses.

- If you don't already have an appointment for your second dose, contact your vaccine provider to make one 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 up to two weeks after your final 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