

Symptoms after a COVID-19 mRNA vaccine: When should I get tested for COVID-19?

Side effects after receiving a COVID-19 mRNA vaccine are common, but usually mild. Most of the time these will go away after a day or two, but sometimes they can last longer. See the COVID-19 mRNA Vaccine After Care sheet for advice on how to manage your symptoms.

The following is a guide on how to know whether the side effects are due to the vaccine, or are symptoms of a COVID-19 or other infection.

Commonly expected side effects **during the first day or two** after getting a vaccine include the following:

LOCAL SIDE EFFECTS: These include pain, swelling, or redness where the vaccine was given. In some cases, local reactions may appear a week later with redness, swelling and itching around the injection site. Placing a cool, damp cloth or wrapped ice pack on the spot where the vaccine was given may help.

GENERAL SIDE EFFECTS: These symptoms may include tiredness, headache, fever, chills, muscle or joint soreness, nausea and vomiting.

Most of the time, vaccine-related side effects will go away on their own after a day or two.

Some of the side effects of the vaccine are similar to symptoms of COVID-19 infection, while others are not. For example, cough or other respiratory symptoms are not side effects of the vaccine and are more likely to be due to a respiratory infection like COVID-19. Therefore, it is important not to assume that all symptoms are due to the vaccine.

If you received a COVID-19 mRNA vaccine and experience symptoms, AND you are a contact of someone with COVID-19 or have returned from out-of-Yukon travel in the last 14 days, it is very important that you self-isolate and arrange for COVID-19 testing as soon as possible.

Use the COVID-19 Self-Assessment Tool available at service.yukon.ca/en/covid-19-self-assessment/ or call 811 if you experience any symptoms of COVID-19 infection (apart from local injection-site reactions), especially respiratory symptoms such as cough, runny nose, sore throat, or shortness of breath.

