

COVID-19 mRNA Vaccine After Care

FOR AGES 6 MONTHS AND UP

Wait at the clinic for at least 15 minutes after receiving your vaccine. You may be asked to wait 30 minutes if there is concern about a possible vaccine allergy.

Expected vaccine side effects:

You may experience the following side effects 1-2 days after getting the vaccine:



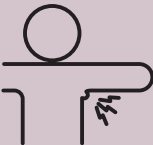
Pain, redness, itchiness or swelling*



Tiredness or headache



Muscle or joint soreness



Swelling or tenderness in the armpit*



Fever or chills



Nausea and vomiting

* may appear right away, or a week or more later

Tips for side effects

Sore arm: apply a cool, damp cloth or wrapped ice pack.

Pain or fever: take medication such as acetaminophen or ibuprofen. Check with your health-care provider if you need advice about medication.

Rare events after getting a vaccine:

Rare cases of heart inflammation have been reported with the mRNA vaccines. Monitor for 7 days after vaccine:

- Chest pain
- Shortness of breath
- Feeling of a fast-beating, fluttering, or pounding heart that does not go away with rest or is accompanied by other symptoms.

These events are rare, however, seek medical attention if you experience any of these symptoms.

Symptoms to look out for

- Serious side effects are rare. If you develop serious side effects or a severe allergic reaction (including hives, swelling of your face, tongue or throat, or difficulty breathing) seek medical attention or call 911 right away.
- Some of the side effects of the vaccine are similar to symptoms of COVID-19 infection, while others are not. Runny nose, sore throat and cough are not side effects of the vaccine. It is important not to assume that all symptoms are due to the vaccine.
- If you received the vaccine and experience symptoms of COVID-19, and you are a contact of someone with COVID-19, self-isolate and arrange for testing as soon as possible. Use the online <https://yukon.ca/en/find-respiratory-assessment-centre> or call 811.

When should I get my next dose?

Most individuals ages 6 months and older will only need 1 dose of the updated COVID-19 vaccine to be up to date this fall.

The following people will need 2 or more doses to be up to date:

- Children aged 6 months to 4 years who have never had a COVID-19 vaccine will need 2 doses.
- People who are moderately to severely immunocompromised, including children, should get 3 doses if they have never had a COVID-19 vaccine. Talk with your healthcare provider if you're not sure if you're immunocompromised.

If you want to participate in safety monitoring for COVID-19 vaccines visit: canvas-covid.ca
For more information please visit: yukon.ca/en/covid-19-vaccine

October 10, 2023

