

COVID-19 Vaccine After Care Sheet (Interim VCH Guidelines)

What should I do right after receiving the vaccine?

- **Wait for at least 15 minutes** after receiving your vaccine. Longer waiting times may be recommended if there is concern about a possible vaccine allergy.
- **Inform a health care provider** at the clinic if you feel unwell.
- Allergy symptoms that you need to watch out for and report to the clinic nurse right away: hives (bumps on the skin that are often very itchy), swelling of your face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these rare events should they occur.

What should I expect in the next few days?

- Common expected side effects typically develop within a day or two after receiving the vaccine, and include the following:
 - Pain, swelling, redness, and/or itchiness around the injection site. These types of reactions are a normal part of your body's immune system response, and may even appear starting 8 days or later after receiving the vaccine. A cool, damp cloth or wrapped ice pack at the site may help.
 - Other symptoms may include tiredness, headache, fever, chills, muscle or joint soreness.
- **This vaccine is not a live virus vaccine, and cannot cause COVID-19 infection.**
- If you are unable to carry on with your regular activities because of pain or fever after the vaccination, you can take medication such as acetaminophen or ibuprofen.
- Symptoms such as cough or other respiratory and gastro intestinal symptoms are not side effects of the vaccine. Please contact your health care provider or 8-1-1 for advice.
- **If you get any symptoms other than local injection site reaction, please take [the BCCDC COVID assessment tool](#). This will let you know if you need to get tested before returning to work.**
- If you experience any unusual, persistent or serious symptoms including allergic symptoms, seek medical attention and inform the health care provider you received the COVID-19 vaccine.
- Report any adverse (unexpected) reactions to your local public health unit. To find out where to report see [BCCDC's adverse event map](#)

When should I return for my second dose?

- In the BC program, a longer period between doses will be observed with a range between doses at 35-42 days.

Advice for health care workers (HCW):

- HCWs can continue working after vaccination and continue to diligently follow all recommended Infection Prevention and Control Guidelines. We still don't know for certain how well the COVID-19 vaccines work in preventing asymptomatic infection or reducing transmission of the virus. This means that all current enhanced safety measures and COVID-19 protocols will stay in place until further information or data support changes.
- **HCWs need to undertake [the BCCDC COVID assessment tool](#) if you get any symptoms other than local injection site reaction anytime after being vaccinated. This will let you know if you need to get tested before returning to work.**

Vaccine records and monitoring?

- Keep your immunization record in a safe place. You can also download the [CANImmunize](#) app to keep track of your COVID-19 vaccine and other vaccines.
- A record of your COVID-19 immunization will be available online through Health Gateway. Health Gateway can be accessed from your computer, tablet or mobile phone using your [Mobile Card](#). To register, visit www.healthgateway.gov.bc.ca
- You may be contacted by CANVAS-COVID to participate in safety monitoring for COVID-19 vaccines if you provided your email address. You can also participate by signing up at [CANVAS-COVID.ca](#)