



First Nations Health Authority  
Health through wellness

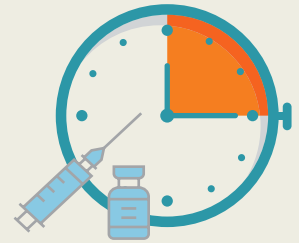
# After You Get Your COVID-19 Vaccine

## After You Get Your COVID-19 Vaccine:

### Please wait for 15 minutes after your vaccination.

Inform a health care provider if you feel unwell while waiting.

Please leave your mask on and remain at least two metres away from others.



## The Next Few Days:

### The vaccine may cause side effects, such as:

- Pain where the needle was given,
- Headache,
- Feeling tired,
- Sore muscles,
- Nausea or vomiting, or
- Fever or chills.



These reactions mean the vaccine is working to help teach your body how to fight COVID-19. For most people, these side effects will last no longer than a day or two, and will go away on their own.

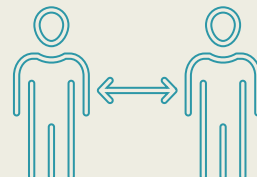
**Serious side effects after receiving the vaccine are rare.** If you develop serious symptoms or symptoms that could be an allergic reaction such as itchy bumps on the skin, swelling of your face, tongue or throat, or difficulty breathing, call 9-1-1 right away. Be sure to tell them that you received the COVID-19 vaccine.

Symptoms such as 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. If you develop these symptoms, you may need to be tested for COVID-19. Contact your health care provider or call 8-1-1 for advice.

## After the Vaccine:

### Continue to follow Public Health guidelines:

- Wash your hands or use hand sanitizer,
- Physically distance,
- Wear a mask where required, and
- Do not receive any other vaccines until 28 days have passed after you receive the second dose of the COVID-19 vaccine.



**Not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**