

# After Your COVID-19 Vaccination

## What to know and what to do

Read this handout to learn what side effects you might experience after receiving a COVID-19 vaccination and what to do if you have symptoms.

### What symptoms are possible side effects of receiving the COVID-19 vaccine?

For the **first 72 hours**, symptoms may include:

- Pain or swelling at the injection site
- Fever of 100°F (37.8°C) or higher
- Fatigue
- Chills
- Muscle aches and pain
- Joint aches
- Headache

These symptoms are typically temporary and mild to moderate.

### How can I treat these symptoms?

- **To reduce pain or swelling at the injection site**, apply a cold pack or ice in a wet washcloth to the area for 20 minutes. Repeat in 1 hour. Apply as needed.
- **Treat a fever** that's 101° F (38.3° C) or higher. Taking medicine to treat a fever usually lowers your temperature by 2°F (1 to 1.5°C).
- **For pain or fever relief**, if your clinician has told you it's safe to do so, take over-the-counter acetaminophen (Tylenol) or ibuprofen (Motrin or Advil). These medicines are available at a drugstore or pharmacy.
  - » Regular Strength Tylenol: Take 650 milligrams (mg)—two 325 mg pills—by mouth every 4 to 6 hours as needed. Each pill has 325 mg of acetaminophen. Don't take more than 3,250 mg a day (10 pills a day).

- » Extra Strength Tylenol: Take 1,000 mg—two 500 mg pills—by mouth every 8 hours as needed. Each pill has 500 mg of acetaminophen. Don't take more than 3,000 mg a day (6 pills a day).
- » Motrin or Advil: Take 400 mg—two 200 mg pills—by mouth every 6 hours. Don't take more than 1,200 mg (six 200 mg pills) a day, unless your clinician has told you to take more.

### What if I still have any of these symptoms after 72 hours?

Call one of the phone numbers listed below for advice.

### Phone numbers

- HealthPartners® CareLine service: **612-339-3663**
- Park Nicollet Nurse Line: **952-993-4665**

A registered nurse (RN) will return your call.

Virtual visits are also available if you prefer to discuss your symptoms with a clinician.

To schedule an appointment, visit **healthpartners.com** or call:

- HealthPartners: **952-967-7676**
- Park Nicollet: **952-993-2000**
- Amery Hospital & Clinic: **715-268-8000**
- Hutchinson Health Clinic: **320-234-3290**
- Olivia Hospital & Clinic: **800-916-1836**
- Stillwater Medical Group: **651-439-1234**
- Westfields Hospital & Clinic: **715-243-3400**

continued

## What symptoms are *unlikely* to be side effects of the COVID-19 vaccine?

- Cough
- Shortness of breath
- Runny nose
- Sore throat
- Loss of taste or smell

### **It's not possible to get COVID-19 from the vaccine.**

However, the symptoms listed above may be the result of having been exposed to the COVID-19 virus before receiving your vaccine. They may also be symptoms of exposure to influenza or another cause.

### **What do I do if I have these symptoms?**

Call one of the phone numbers listed on the other side of this handout for advice.

### **What if I have symptoms not listed in this handout or I have other questions?**

Call one of the phone numbers listed on the other side of this handout for advice.

## **Janssen COVID-19 Vaccine**

In rare cases, the following problems developed in people about 7 to 14 days after receiving the Janssen COVID-19 Vaccine:

- Blood clots involving blood vessels in the brain, abdomen and legs.
- Low levels of platelets (blood cells that help the body stop bleeding).

Of those who developed these rare problems, most were female and 18 to 49 years old.

After receiving the Janssen COVID-19 Vaccine, your chance of developing blood clots and low levels of platelets is very small. However, **seek medical attention right away** if you develop any of these symptoms:

- Shortness of breath
- Chest pain
- Leg swelling
- Ongoing abdominal pain
- Severe or ongoing headaches or blurred vision
- Easy bruising or tiny blood spots under the skin beyond the site of the injection.

