Four Things to Remember After Receiving the COVID-19 Vaccine

Once you’ve received the first dose of the COVID-19 vaccine, there are a few things you should keep in mind in the days and weeks following.

1 **Get your second dose**
You will have an appointment for your second dose – please make it a priority to attend your appointment to ensure the vaccine is most effective.

2 **Continue safety guidelines**
Be sure to continue to practice the three Ws of COVID-19:

- Wear a mask
- Watch your distance
- Wash your hands

It’s important that even after you are vaccinated, you continue to cover your mouth and nose, wash hands often, avoid crowds and maintain 6 feet of distance from others.

3 **Monitor your health**
Side effects may occur after receiving your vaccination. Some common side effects include:

- Pain and swelling at the injection site
- Joint or muscle pain
- Chills
- Fever
- Headache

If you develop pain or discomfort, or a fever within 72 hours of receiving the vaccination, it is appropriate to consider taking over-the-counter medications, such as ibuprofen or acetaminophen. If side effects persist reach out to your MercyOne provider. If side effects are severe or worsening, seek care immediately by calling 9-1-1 or going to urgent care.

4 **Share with others**
Share with your friends and family that you got vaccinated! Check out our Facebook frame and download a flyer with some common FAQs about vaccination.

To learn more about the COVID-19 vaccine, please visit MercyOne.org/covid19vaccine.