

Ministry of Health

# COVID-19 Vaccine After Care Sheet

Version 2.0 December 30, 2020

## Highlights of changes

- Updated for Moderna Vaccine
- Updated What to do, What to Expect and What to Remember sections (page 1-3)

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This guidance provides basic information only. It is not intended to take the place of medical advice, diagnosis or treatment, legal advice or legal requirements.

In the event of any conflict between this guidance document and any applicable emergency orders, or directives issued by the Minister of Health, Minister of Long-Term Care, or the Chief Medical Officer of Health (CMOH), the order or directive prevails.

- Please check the Ministry of Health (MOH) [COVID-19 website](#) regularly for updates to this document, list of symptoms, other guidance documents, Directives and other information.

## COVID-19 Vaccine

### What should I do right after receiving the vaccine?

- You should **wait for 15 minutes** after receiving your vaccine to be sure you are feeling well. You will be asked to wait either in the clinic or outside the clinic as advised by the clinic staff. Longer waiting times of 30 minutes may be recommended if there is a concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. Symptoms of an allergic reaction include 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 events should they occur.
- Reports of adverse reactions following immunization are sent to Public Health Ontario and to the Public Health Agency of Canada. An adverse event following immunization (also known as an AEFI) is an unwanted or unexpected change in health that happens after someone receives a vaccine. An adverse event may or may not be caused by the vaccine. In Ontario, health professionals are required to report AEFIs to their local public health unit. Public health units investigate AEFIs and provide support to immunizers, individuals, and their families.
- **Inform the clinic staff** if you feel unwell while waiting.
- If waiting inside the clinic, be sure to **leave your mask on** and **remain at least 2 metres away** from others.

- Use the **alcohol-based hand rub to clean your hands** before leaving the clinic.
- **Do not operate a vehicle** or other form of transportation for at least 15 minutes after being vaccinated or if you are feeling unwell.
- **If someone is picking you up from the clinic**, they should collect you after the 15 minute waiting period in the clinic is finished. Your support person or driver should follow the direction of clinic staff to collect you.

### What should I expect in the next few days?

- Similar to medications and other vaccines, the COVID-19 vaccine can cause side effects although not everyone will experience these. Most side effects are minor and don't last very long.
- Examples of common side effects that have been reported for both the Pfizer-BioNTech COVID-19 vaccine and the Moderna COVID-19 vaccine include pain, redness or swelling where the needle was given, tiredness, headache, muscle pain, chills, joint pain, and fever. Additional symptoms of the Moderna COVID-19 vaccine may include nausea, vomiting or enlarged lymph nodes (swollen glands) in your underarm. Additional symptoms of the Pfizer-BioNTech COVID-19 vaccine may include diarrhea.
- A cool damp cloth where the vaccine was given may help with soreness and, if needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever.
- Serious side effects after receiving the vaccine are rare. However, should you develop any of the following adverse reactions within three days of receiving the vaccine, seek medical attention right away or call 911 if you are severely unwell:
  - hives
  - swelling of the face or mouth
  - trouble breathing
  - very pale colour and serious drowsiness
  - high fever (over 40°C)
  - convulsions or seizures
  - other serious symptoms (e.g., "pins and needles" or numbness).

After accessing care, your healthcare provider will inform your local public health unit of any serious side effects after vaccination.

- If you are concerned about any reactions you experience after receiving the vaccine, contact your healthcare provider. You can also contact your local public health unit to ask questions or report an adverse reaction. When you report an adverse reaction to your healthcare provider or public health unit, you will be asked some questions about your health and the reaction you've experienced. Reports of adverse reactions

following immunization are sent to Public Health Ontario and to the Public Health Agency of Canada.

- If you still need to receive your second dose, tell the person providing the second dose about any side effects you experienced.

**Things to remember after you receive the vaccine**

- Continue to follow the recommendations of local public health officials to prevent the spread of COVID-19, which include wearing a mask, staying at least 2 metres from others and limiting/avoiding contact with others outside your household.
- Do not receive any other vaccines (except for your second COVID-19 vaccine) until you have received both doses of the COVID-19 vaccine and at least 28 days have passed after the second dose (unless considered necessary by your health care provider).
- If you are planning to become pregnant, delay this until at least 28 days have passed after the second dose.
- Ensure you return for your second dose. You must get the same vaccine for your second dose. Make an appointment or follow the instructions of the healthcare provider to ensure you receive the second dose at the right time.
  - If you received the Pfizer-BioNTech COVID-19 vaccine today, return in 21 days for your second dose.
  - If you received the Moderna COVID-19 vaccine today, return in 28 days for your second dose.

It is very important that you receive the second dose on time even if you experience mild side effects after the first dose, in order to get the best protection against COVID-19.

- **Keep this sheet (or other immunization record) AND your printed COVID-19 Immunization receipt from the vaccination today** in a safe place. Bring the COVID Immunization receipt (and other immunization record if you wish) with you for your second dose of vaccine.

**Appointment Date and Time for Second Dose:**

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