Tips to reduce side effects after receiving your COVID-19 vaccine

Common side effects include pain at the injection site, fever, body aches and headaches. These reactions are normal and should soon go away. **These tips will help you identify and minimize mild side effects:**

Read the Vaccine Information Sheet that came with your scheduling invite to refresh your knowledge about side effects. It can also be accessed at: [www.cvdvaccine.com](http://www.cvdvaccine.com)

- Use an ice pack or cool, damp cloth to help reduce redness, soreness and/or swelling at the place where the shot was given.
- A cool bath can also be soothing.
- Drink liquids often for 1-2 days after getting the vaccine.
- Take an over the counter pain reliever unless you have any specific contraindication.

For YNHHS employees of medical staff: If you experience more severe side effects or these symptoms last for more than 48 hours, stay at home and call the Occupational Health COVID-Call Center at 833-ASK-YNHH (option 2) between 7 am - 7 pm, 7 days a week, or contact your primary care provider or an urgent care center if after-hours. Although unlikely, if you experience emergency warning symptoms at any time after receiving your COVID-19 vaccine, **call 911 immediately.** Emergency warning symptoms include trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face, or any other sudden and severe symptom.

**Important reminders:**

- Clinicians at the Call Center are available to help you manage your side effects 7 days a week.
- You must continue to follow the advice of public health officials - wear your mask in public, ensure hand hygiene, and practice social distancing.
- Always follow personal protection equipment (PPE) requirements at work.
- Make sure you have scheduled your second vaccine appointment.

Thank you for being vaccinated to protect yourself, your loved ones, and your patients.

Sincerely,

Craig D. Thorne, M.D.,
Chief Medical Director, Occupational Health
Local Side Effects of COVID-19 Vaccines

Pain at the Injection Site
Out of 10 people who receive a COVID-19 vaccine, 8-9 may experience pain at the injection site. Most had mild or moderate pain. Pain at the injection site is also common with the tetanus vaccine and the Shingles vaccine.

Redness at Injection Site
Out of 10 people who receive a COVID-19 vaccine, 1 may experience redness at the injection site. Redness is much more common with the Shingles vaccine than with a COVID-19 vaccine.
**Swelling at the Injection Site**

Out of 10 people who receive a COVID-19 vaccine, 1 may experience swelling at the injection site. Swelling is much more common with the Shingles vaccine than with a COVID-19 vaccine.

- COVID-19 Vaccines
- Tetanus Vaccine
- Shingles Vaccine

**Fever**

Fever is uncommon after the 1st dose of the vaccine. After the 2nd dose, out of 10 people who receive a COVID-19 vaccine, 1-2 may experience a fever. Fever is more common in younger individuals (< 65 years) than in older individuals. However, fever is much more common with the Shingles vaccine than a COVID-19 vaccine.

- COVID-19 Vaccines
- Shingles Vaccine

**Fatigue**

Out of 10 people who receive a COVID-19 vaccine, 5 may experience fatigue. Fatigue is more common after the 2nd dose of a COVID-19 vaccine compared to the first dose. This amount of fatigue is also common with the Shingles vaccine.

- COVID-19 Vaccines
- Shingles Vaccine
**Headache**

Out of 10 people who receive a COVID-19 vaccine, 4 may experience headache. Headache is more common after the 2nd dose of a COVID-19 vaccine compared to the first dose. However, headache is more common with the Shingles vaccine than after a COVID-19 vaccine.

**Muscle Aches**

Out of 10 people who receive a COVID-19 vaccine, 3-4 may experience muscle aches. Muscle aches are more common after the 2nd dose of a COVID-19 vaccine than after the first dose. However, muscle aches are more common with the Shingles vaccine than after a COVID-19 vaccine.