

# AFTER GETTING THE COVID-19 VACCINE Q&A

**Q: Do I still need to wear a face covering and practice physical distancing after I get the COVID-19 vaccine?**

**A:** Yes. You may still be able to pass the virus from one person to another even if you are vaccinated and do not have symptoms.

**Q: After receiving the COVID-19 vaccine, what are some of the common side effects I may feel?**

**A:** Most people will experience pain, swelling, and tenderness at the injection site. A fewer percentage of people will experience headache, fever, muscle, or joint pain. Symptoms should last no more than 1-3 days. There is a small chance that a few people will have a severe allergic reaction, usually within minutes or an hour of getting it. Signs will include difficulty breathing, swelling of the face and throat, rapid heartbeat, body rash, weakness, and feeling faint. After you receive the vaccine, you will be asked to stay in place for monitoring. If these symptoms start later or while at home, call 911 or go to the nearest hospital.

**Q: How do I report a potential problem or bad reaction after getting a COVID-19 vaccine?**

**A:** If you have a severe allergic reaction, call 911 or go to the nearest hospital. But for other symptoms, contact your health care provider. In addition, you can report symptoms which you think may be related to the vaccination to the Vaccine Adverse Event Reporting System (VAERS) at **800-822-7967** or [www.vaers.hhs.gov](http://www.vaers.hhs.gov). You can also enroll in "V-Safe", a health checker that lets you report your symptoms to the Centers for Disease Control and Prevention through text messages and web surveys. Talk to your provider or visit [www.cdc.gov/vsafe](http://www.cdc.gov/vsafe) to enroll.

**Q: What is the difference between a side effect and adverse event?**

**A:** A side effect is any health problem proven to be caused by a vaccine. Vaccine side effects are usually minor and go away within a few days. An adverse event is any health problem that occurs after a vaccine shot is received. This can be a serious reaction like an allergic reaction. For more information visit [www.cdc.gov/vaccinesafety/ensuringsafety/sideeffects/index.html](http://www.cdc.gov/vaccinesafety/ensuringsafety/sideeffects/index.html).



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**#EndThePandemic**

California Rural Indian Health Board, Inc.  
COVID-19 Resources:

<https://crihb.org/prevention-and-education/public-health/>

Individuals who receive a COVID-19 vaccine should be observed for 30 minutes following injection rather than the usual 15 minutes. Individuals who carry an EpiPen for their allergies should bring it to their appointment. CDC notes that women who are pregnant or breastfeeding can be presented the option to vaccinate, but first talk to your health care practitioner if you have any concerns about whether you should receive it.

For more information, go to: <https://covid19.ca.gov/vaccines/>