AstraZeneca/COVISHIELD COVID-19 Vaccine
Aftercare

What should I do right after getting the vaccine?

- **Wait for at least 15 minutes in the clinic** after getting your vaccine. A longer wait time of 30 minutes may be recommended if there is concern about a possible allergy to the vaccine. Although uncommon, fainting or allergic reactions can occur after getting the vaccine. 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. Should this reaction occur the clinic staff are prepared to treat it.
- **Inform a health care provider** at the clinic if you feel unwell while waiting.
- **Keep your mask on** while waiting and **stay at least 2 metres away** from anyone that is not part of your household.

What should I expect in the next few days?

- Common expected side effects within a day or two after getting the vaccine include the following:
    - Pain, redness, itchiness and swelling where the vaccine was given. These types of local injection site reactions are a normal part of your body's immune response to the vaccine and will resolve within a few days. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
    - Other symptoms may include tiredness, headache, fever, chills, muscle or joint soreness, nausea and vomiting.
- These side effects will go away on their own; however you may feel unwell for a day or two. If you are unable to carry on with your regular activities because of these symptoms, you can take medication such as acetaminophen or ibuprofen. Check with your health care provider if you need advice about medication.
- The vaccine is not a live virus vaccine, and cannot cause COVID-19.
- Some of the side effects of the vaccine are similar to symptoms of COVID-19 infection. However, side effects from the vaccine should only last a day or two and go away on their own. As well, symptoms such as cough or other respiratory symptoms are not side effects of the vaccine and are more likely to be due to a respiratory infection like COVID-19.
- Use the BC COVID-19 Self-Assessment Tool available at https://bc.thrive.health/covid19/en if you experience any symptoms compatible with COVID-19 infection, including respiratory symptoms (runny nose, sore throat, shortness of breath, etc.) or any symptoms listed above, with the exception of local injection site reactions. This will let you know if you need to get tested for COVID-19.

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Are there any side effects I should look out for?

- Very rare side effects include serious blood clots and/or bleeding. These rare events have been reported in about 1 to 10 cases in 1,000,000 vaccinated people in several European countries. The symptoms start about 4 to 16 days following vaccination. If you experience any of the following symptoms, seek medical attention in an emergency department immediately and bring your COVID-19 immunization record with you:
- Severe headache that does not go away
- Seizure
- Difficulty moving part of your body
- Blurry vision that does not go away
- Difficulty speaking
- Shortness of breath
- Chest pain
- Severe abdominal pain
- New severe swelling, pain, or colour change of an arm or a leg
- Abnormal bruising, reddish or purple spots or blood blisters under the skin
- Bleeding beyond the site of vaccination

When should I return for my second dose of vaccine?

- **The immunization provider will let you know when to return for your second dose.** It is important to get both doses of the vaccine to protect you against COVID-19. Make an appointment or follow the instructions of the immunization provider to ensure you get the second dose at the right time.
- **Bring your immunization record with you when you return for your second dose.** Tell the person giving the vaccine about any side effects you had after the first dose.

Things to remember after getting vaccinated:

- **Continue to follow public health recommendations** such as frequent handwashing, wearing a mask and staying at least 2 metres from others, to prevent the spread of COVID-19.
- It will take about 2 weeks after a getting the first dose of the vaccine to build immunity to the virus. If you are exposed to someone with COVID-19 infection during this time or shortly before getting the vaccine you can get sick with COVID-19.
- Wait at least 14 days after getting your COVID-19 vaccine before getting any other vaccine.
- **Keep your immunization record** in a safe place. You can also download the CANImmunize app to keep track of your COVID-19 vaccine and other vaccines.
- A record of your COVID-19 immunization will be available online through Health Gateway. Health Gateway can be accessed from your computer, tablet or mobile phone using your Mobile Card. To register, visit www.healthgateway.gov.bc.ca.
- You might be contacted to participate in safety monitoring for COVID-19 vaccines. For more information go to CANVAS-COVID.ca.

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