

# Congratulations on getting your COVID-19 vaccination today!



Please stay in the observation area for at least **15 minutes**.

Once that time has passed you may leave if you have no symptoms and feel comfortable leaving the observation area to return to your vehicle on your own.

You will need to stay in the observation area for 30 minutes if you have had a history of severe allergic reactions in the past.

## All Vaccinated Patients

Immediately notify staff if you are experiencing any symptoms such as:

Itching, hives, redness of skin, shortness of breath, difficulty breathing, wheezing, facial swelling, throat tightening, vomiting or any pain other than minor soreness of the shot site.

## While You are Waiting

If you have a smartphone, you can sign up for **V-Safe** which is an after-vaccination tool that provides personalized health check-ins after you have received a COVID-19 vaccine. You may do this while you are waiting or as soon as possible once you get home.

V-Safe Registration Process

Scan the query code in the waiting area or

Go to [vsafe.cdc.gov](https://vsafe.cdc.gov). Read the onscreen instructions and click **Get Started**.

## Dose 2 Information

If this was your first dose you should have an appointment the second dose:

Pfizer dose #2 will be due in 17-25 days

Moderna dose #2 will be due in 24-32 days

The most commonly reported vaccine side effects are pain and/or swelling at the injection site, fatigue, headache, and body aches. These symptoms usually resolve within 1-2 days and can be treated with acetaminophen (eg.. Tylenol<sup>®</sup>) or ibuprofen (eg.. Motrin<sup>®</sup>).

## Keep Being Safe and Smart

Even with the COVID19 vaccination you need to always wear a mask when outside of your home, stay 6 feet or more apart from others and wash your hands frequently. Avoid touching your face area. There are concerning reports of new COVID19 variant strains worldwide which appear to be more easily spread and it will be many months until all Americans can receive their vaccinations. Continue to follow all COVID19 safety guidelines until advised to do so by the federal and state authorities.

The vaccination will not be at peak protective levels until approximately 14 days after your 2 second dose. Remember that no vaccine provides 100% protection. Most of the people in the country will need to be vaccinated before the COVID19 virus risk will be considered low enough to return to 'normal'. Please stay safe.

Questions can be sent to [COVID19vaccine@rchsd.org](mailto:COVID19vaccine@rchsd.org).