Getting the Pfizer COVID-19 Vaccine

Because the COVID-19 vaccine is new, you may have some questions about what to expect before, during, and after you get the vaccine (shot). Use this handout to learn more and talk with a doctor or nurse if you have more questions.

What to expect:

Before you get the vaccine:
- Talk with a doctor or nurse to see if a COVID-19 vaccine is recommended for you right now.
- If you have questions about the vaccine, please ask us! We are here to help.

When you get the vaccine:
- You will get the shot in your upper arm.

After you get the vaccine:
- You need to come back to the center in 21 days for your second shot. You will need both shots in order to be fully protected.
- As we learn more about how the vaccine works in the real world, it’s important that you continue to protect yourself and others from COVID-19 by:
  - Wearing a mask that covers your nose and mouth when you are in public.
  - Staying at least 6 feet away from others.
  - Washing your hands often.
  - Staying away from crowds.

People ages 12-15 years old can now get the Pfizer COVID-19 vaccine!
If you are younger than 18, a parent or guardian must provide consent for you to get the vaccine.

Appointment date of first shot: __________________________________________
Appointment date for second shot: _______________________________________

Last updated 5.24.2021
Are there any side effects from the vaccine?

- **You may have some side effects after you get the vaccine.** These side effects are signs that your body is building up protection against COVID-19. You may feel like you have the flu, but the side effects should go away after just a few days.

- From what we know so far, some people reported having more side effects after getting the second shot of the COVID-19 vaccine.

<table>
<thead>
<tr>
<th>Common side effects:</th>
<th>When to call a doctor:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain or swelling where you got the shot</td>
<td>If the redness and pain where you got the shot gets worse after 24 hours</td>
</tr>
<tr>
<td>Fever and chills</td>
<td>If the side effects get worse or do not go away after a few days</td>
</tr>
<tr>
<td>Tiredness</td>
<td>Call 911 for emergencies.</td>
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<tr>
<td>Headache</td>
<td></td>
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</tbody>
</table>

**Who should I contact if I have side effects?**

- Contact your PCP about any side effects you may have. If you don’t have a PCP, contact CHN at 866-246-8259

- The Centers for Disease Control and Prevention (CDC) has set up tools for you to report your side effects through V-Safe.

**V-safe** is a tool you can use on your smartphone to report any side effects. With V-safe, you can also get reminders about when you need to come in for your second shot.

- When you sign up for V-safe, it will ask you to enter your phone number. This is so you can receive text messages with health check-ins to see how you are doing after getting the vaccine. Any personal information you enter into V-safe will be protected.

- **V-safe is a voluntary tool. It is your choice if you would like to sign up.** If you decide not to use V-Safe, let a doctor or nurse know right away if you have any serious side effects after getting the vaccine.

- Patients and providers can also use the Vaccine Adverse Event Reporting System (VAERS) to report side effects. Learn more at [vaers.hhs.gov/reportevent.html](http://vaers.hhs.gov/reportevent.html)

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Go to [www.cdc.gov/vsafe](http://www.cdc.gov/vsafe) or use the QR code with your smartphone to learn more.