

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.



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.

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.

Appointment date of first shot: _____

Appointment date for second shot: _____



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.

Common side effects:	When to call a doctor:
<ul style="list-style-type: none">• Pain or swelling where you got the shot• Fever and chills• Tiredness• Headache	<ul style="list-style-type: none">• If the redness and pain where you got the shot gets worse after 24 hours• If the side effects get worse or do not go away after a few days• Call 911 for emergencies.

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



Go to www.cdc.gov/vsafe or use the QR code with your smartphone to learn more.