

# Next Steps: *After you receive the COVID-19 Vaccine*

---

## **Assure you get your second dose of the vaccine.**

When you scheduled your first vaccine, we already scheduled your second one. This COVID-19 vaccine requires two doses to be effective. This is so your body can build a strong immune response to offer the best protection.



## **Know the common side effects.**

You may experience side effects. This is normal and can be a sign that the vaccine is starting to work.

- Pain or swelling on your arm where you got the vaccine
- Fever
- Chills
- Tiredness
- Headache

Reduce discomfort where you got the vaccine by placing a clean, wet washcloth over the area. Drink plenty of fluids, rest, and dress lightly if you develop a fever.

**Even if you experience side effects from the first dose, you need to get your second dose.**



## **Know when to call a health care provider.**

Discomfort from fever or pain is normal. However, contact a health care provider if:

- Redness or tenderness increases after 24 hours.
- If your side effects worry you or if they last longer than a few days.

**If you are having a medical emergency, call 911.**



## **Sign up for v-safe<sup>SM</sup>**

Get the new smartphone-based tool for personalized health check-ins, easy reporting of side effects and a reminder to get your second dose! Follow instructions on the v-safe<sup>SM</sup> handout your health care provider gave you or text ENROLL to 1-833-VaxText (829-8398)



## **Find a safe place to keep your COVID-19 vaccination card.**

Your vaccination card has information on when and where you received your vaccine as well as other helpful information related to the COVID-19 vaccine. Keep your card in a safe place and please bring it with you when you come for your second dose. You may also visit the Wisconsin Immunization Registry for an electronic version.

<https://www.dhfswir.org/PR/logoff.do>

# Next Steps: *Continue to protect yourself and others*

---

Vaccines are just one tool we have to stop the spread of COVID-19. Stopping the spread requires all the tools available. Together, vaccination and good public health behaviors will offer the best protection from COVID-19.



**Stay Home**



**Wear a Mask**



**Stay 6 Feet Apart**



**Wash Your Hands**

**Even after you receive the COVID-19 vaccine, continue good public health practices such as:**

- Stay home as much as possible.
- Stay at least 6 feet from others.
- Wear a face mask when around others.
- Clean all high-touch surfaces every day.
- Cover your mouth and nose when you cough or sneeze.
- Avoid spending time with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer with 60% alcohol.
- Avoid touching your eyes, nose, and mouth if you haven't washed your hands.

