

# Moderna COVID-19 Vaccine



**It is still important to practice recommended public health measures to prevent the spread of COVID-19, even if you have had the vaccine. This includes:**

- › Following guidelines of when to wear a mask or other equipment that helps protect you
  - › Washing your hands often
  - › Staying 2 meters away from others
  - › Staying home when you are sick (this means isolating)
  - › Staying home for 14 days after having close contact with someone who has COVID-19 or after returning from travel outside of Canada (this means quarantining)
- › Visit [ahs.ca/covid](https://ahs.ca/covid) for more information, including information about isolation and quarantine.

## Are there side effects from COVID-19 vaccines?

There can be side effects from COVID-19 vaccines, but they tend to be mild and go away in a few days. Side effects may include: redness, warmth, swelling, bruising, itching, or feeling sore where you had the needle, feeling tired or unwell, headache, fever or chills, body aches or sore joints, feeling sick to your stomach (nausea), vomiting (throwing up), or loose stool (diarrhea) swollen lymph nodes

## How can I manage side effects?

To help with soreness and swelling, put a cool, wet cloth over the area where you had the needle. There is medicine to help with a fever or pain. Check with your doctor or pharmacist if you are not sure what medicine or dose to take.

If you are immunocompromised and you get a fever post vaccine please give the office a call.

What if I had or am getting another type of vaccine? Wait at least 28 days after you have a dose of the COVID-19 vaccine before you get another vaccine. If you have had another vaccine, you need to wait 14 days before you get another COVID-19 vaccine.

It is rare to have a serious side effect after a vaccine. Call Health Link at 811 to report any serious or unusual side effects.

You may experience a mild version of the COVID-19 infection as your body builds immunity through the vaccine, if you experience COVID Symptoms please isolate. If symptoms last longer than 48 hours please call 811 to book a COVID-19 test.

Adapted from:

- <https://www.albertahealthservices.ca/frm-21765.pdf>
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