

To serve, protect, and promote a healthy community for all.



HEALTH DEPARTMENT
Caring today for a healthy tomorrow

COMMUNITY BULLETIN BITS

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Getting the Vaccine? Here's How to Prepare

Before getting vaccinated, there are things you can do to prepare:

Eat before and arrive well rested

- The night before, make sure to get a good night's sleep—it will help your immune system work to its fullest potential. If your appointment is around a meal time, eat beforehand and drink water.

Be ready to schedule your second appointment

- Both of the vaccines being distributed now (Pfizer and Moderna) require two shots, spaced a few weeks apart. Receiving both vaccinations during this time frame is important to ensure that you receive full protection from COVID-19.
- During your first appointment you will be asked to make an appointment for your second vaccination. Make sure it is a time and day that works for your schedule, as it's important not to cancel.

Monitor your side effects

- After getting the shot, you'll be asked to wait for 15 minutes before leaving to ensure you don't have an allergic reaction. (If you've had an allergic reaction to a vaccine in the past, you'll be asked to wait 30 minutes.) After that, you are free to go.
- You may experience side effects like injection site pain, body aches, chills and a headache, but they should go away after 24 to 48 hours.
- These side effects don't mean you have an infection—and you are not contagious. These side effects show that your body is creating an immune response and that the vaccine is working. You can take acetaminophen (like Tylenol) to help ease symptoms, but do not take it before vaccination to prevent side effects – it may blunt the immune response.

Keep your Vaccine Record Card

- At your appointment, you will receive a vaccination card with your name, date of vaccination and type of vaccine (whether Pfizer or Moderna) written on it.
- Keep this card with you—or better yet, take a picture of it—so you don't forget when you were vaccinated and the type of vaccine you received. You must receive the same type of vaccine for your second dose.
- This card may also be important in the future to show before going into public places, such as your workplace or before getting on an airplane.

Continue to Follow Safety Guidelines

- After your first vaccination, you can still get COVID-19. It can take around 2 weeks after your second vaccination to build up full immunity.
- It is important to continue to wear a face mask in public, practice social distancing, and wash your hands frequently.
- It is still not known whether you can be a carrier for COVID-19 after you've been vaccinated. The vaccine is 95% effective, but that means there's still a 5% chance you could get it.



Should I take acetaminophen (Tylenol) or Ibuprofen (Motrin) before getting the vaccine?

Taking these medications for the purpose of preventing post-vaccination symptoms is currently **not recommended**.

Information on the impact of such use on COVID-19 vaccine-induced antibody responses is not known at this time.

Past studies showed patients who got fever-reducing medication prior to vaccination had lower antibody responses compared with patients that did not receive medicine, suggesting that their immune response to the vaccine was lower as a result of reducing the fever.



After your vaccine, use your smartphone to report any side effects from the shot.

The CDC is monitoring side effects to assure vaccine safety. "v-safe" uses text messaging and web surveys to provide personalized health check ins. Click on the logo for more information