



THE BIG QUESTION:

## ARE THERE SIDE-EFFECTS FROM THE VACCINE?

Most people feel fine after their COVID-19 vaccine

Some people may experience mild side-effects, but this is nothing to worry about. Side effects are part of your immune system's natural reaction to a vaccine. It is normal and shows that your body is learning how to fight COVID-19. Not experiencing a reaction, however, is normal too.



If you do have any side-effects, they should only last a day or two.

Immediately after your vaccination, you will be asked to wait 15 minutes so the medical staff can observe how you have reacted to the vaccine and make sure that you have no serious side-effects.

Most of the side-effects can be treated with over-the-counter medication. Always take over-the-counter medication as directed by your pharmacist or as directed on the package insert.

### **The most common side-effects**

On your arm: pain, redness and/or swelling where you had the injection

In the rest of your body: tiredness, headache, muscle pain, joint pain, chills, fever, nausea

### **More serious side effects are rare**

If you are feeling very unwell, or if your symptoms last more than two or so days, then call CareWorks or see your doctor. Your doctor will report severe side-effects to the Department of Health as part of vaccine surveillance.

### **I've been vaccinated—what now?**

Once you are fully vaccinated, chances are you will be protected from COVID-19. Should you still become infected, the vaccination will prevent serious illness, hospitalisation and death due to COVID-19. However, even though you are now safer, you still have a duty to protect those around you and to prevent the spread of COVID-19.

This means you must still wear a mask, practice social distancing, and wash your hands regularly.



This is what the World Health Organisation says about vaccine side-effects:

COVID-19 vaccine side-effects

CareWorks Contact Centre: 0800 24 36 72  
Weekdays: 8AM to 5PM and Weekends: 8AM to 1PM  
WhatsApp: 082 735 4472