

# COVID-19 VACCINE Side Effects

## 01 - What are side effects?

Side effects are just things that might happen after doing something. Most of the time we think about them as bad or unpleasant when we take medicine. But side effects can also be something good or beneficial. If you think about it, we have side effects for many things. If we exercise, which is good for us, we may have good side effects like having more energy or sleeping better. But we may also have a bad side effect like having sore muscles the next day. In the case of vaccinations, **you may have some side effects as your body learns how to fight off the virus you are being vaccinated against**, in this case the virus that causes COVID-19.

## 02 - What are the most common side effects?

The side effects people report from the COVID-19 vaccine are similar to the side effects of any vaccination. The most common is a sore arm where you had the shot. Other common things include a low fever, having body aches or a headache, and some people will also feel really tired. Having any of these symptoms is **NORMAL**. It just means your immune system is working! And these will go away in a day or so. And not everyone gets these side effects - many people do not have any.

## 03 - If I have side effects does it mean I have COVID-19?

No! The vaccines do not use live virus and **DO NOT** give you COVID-19. It does take the body a few weeks to build your defense so it is possible to get infected before that. That's why it's still important to wear a mask, be six feet from others, and wash your hands.

## 04 - Are there serious side effects?

**Very rarely** someone might have a severe allergic reaction to the vaccination. That's why we keep you after the vaccination and monitor you for 15 minutes. If you do have a reaction, there are medical personnel here to help you. In the United States, very few of these serious side effects have been reported.

## 05 - What should I do if I have side effects?

If you have any side effects, **you can manage them** by taking acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). These can help ease pain or help with a fever. Also, be sure to get rest and drink water to stay hydrated. This can help your body recover quicker.

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Source: Centers for Disease Control and Prevention



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