



What to expect after your COVID-19 vaccination

COVID-19 vaccination

People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination.

This leaflet tells you what to expect after you have had your vaccination.

Following detailed review of large studies of safety and effectiveness, the Medicines and Healthcare products Regulatory Agency (MHRA) has now approved several different types of COVID-19 vaccines for use in the UK.

An independent group of experts has recommended that we offer these vaccines to those at risk of catching the infection and suffering serious complications.

Now that more vaccine has become available, we are offering protection to all adults in order of risk.

What are the side effects?

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. Although you may get some protection from the first dose, having the full recommended course will give you the best protection against the virus.

Very common side effects in the first day or two include:

- having a painful, heavy feeling and tenderness in the arm where you had your injection
- feeling tired
- headache, aches and chills

You may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature could also indicate that you have COVID-19 or another infection (see advice on page 3). You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.

An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor.

What should I do if I am concerned about my symptoms?

These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call your GP. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.

Recently there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with AstraZeneca (AZ).

This is being carefully reviewed but the risk factors for this condition are

not yet clear. Because of the high risk of complications and death from COVID-19, the MHRA, the World Health Organisation and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.

Currently, the JCVI has advised it is preferable for healthy people under 40 to have a vaccine other than AstraZeneca (AZ).

Worldwide, there have also been recent, rare cases of inflammation of the heart called myocarditis or pericarditis reported after COVID-19 vaccines, although it is not yet clear that these are caused by the vaccines.

These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatments. You should seek medical advice urgently if you experience:

- chest pain
- shortness of breath
- feelings of having a fast-beating, fluttering, or pounding heart

If you experience any of the following from around 4 days to four weeks after vaccination you should seek medical advice urgently.

- a new, severe headache which is not helped by usual

painkillers or is getting worse

- an unusual headache which seems worse when lying down or bending over or may be accompanied by
 - blurred vision, nausea and vomiting
 - difficulty with your speech
 - weakness, drowsiness or seizures
- new, unexplained pinprick bruising or bleeding away from the injection site
- shortness of breath, chest pain, leg swelling or persistent abdominal pain

For more information on symptoms visit gov.je/vaccine

Are the side effects different for each dose?

Not all COVID-19 vaccines are the same – some tend to cause more side effects from the first dose, others cause more side effects after the second dose. The very common side effects are the same and should still only last a day or two.

Can I catch COVID-19 from the vaccines?

You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia).

Although a fever can occur within a day or two of vaccination, if you have any other COVID symptoms or your fever lasts longer, stay at home and arrange to have a test by calling the Coronavirus helpline on **0800 735 5566**

When can I go back to daily activities?

You should be able to resume activities that are normal for you as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving.

Keep your card safe with details of your vaccination.



What do I do next?

If this is your first dose, you should have a record card with your next appointment in between 4 and 12 weeks time. It is important to have both doses of the same vaccine to give you the best protection.

What should I do if I am not well when it is my next appointment?

If you are unwell, it is better to wait until you have recovered to have your vaccine. You should definitely not attend a vaccine appointment if you are self isolating, waiting for a COVID-19 test or within 4 weeks of having a positive COVID-19 test.

Should you need to reschedule your appointment, call the Coronavirus helpline on:
0800 735 5566

Will the vaccine protect me?

The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from

COVID-19 disease. The vaccine has been shown to be safe and effective. Each of the vaccines have been tested in more than 20,000 people and there were no safety concerns.

It may take a few weeks for your body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.

What can I do after I have had the vaccine?

The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. We don't know how much it will reduce the risk of you passing on the virus. So it is important to continue to follow current public health guidance.

To protect yourself and your family, friends and colleagues you **MUST** still:

- practise social distancing
- wear a face mask
- wash your hands carefully and frequently
- open windows to let fresh air in
- follow the current guidance at [gov.uk/coronavirus](https://www.gov.uk/government/coronavirus)

Remember:

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.