

COVID-19 Vaccine After Care Sheet For Moderna Vaccine

After you receive the vaccine, you should:

- **Wait for at least 15 minutes** either in the clinic or outside the clinic (such as in your vehicle).
- **Leave your mask on** and **remain at least 2 metres away** from anyone not part of your household during wait time.
- **Inform a health care provider** at the clinic if you feel unwell.
- **Not operate a vehicle** or other form of transportation for at least 15 minutes after being vaccinated or if you are feeling unwell.

Vaccine side effects can develop in the day or two after receiving the vaccine and will go away on their own.

- The most common side effect is pain and swelling at the injection site. A cool, damp cloth or wrapped ice pack may help relieve any discomfort.
- Others may include tiredness, headache, muscle pain, nausea, vomiting, joint pain, chills or fever.
- Enlarged lymph nodes (swollen glands in the underarm) that last for several days may also occur.
- Acetaminophen or ibuprofen may help with pain or fever

Serious side effects after receiving the vaccine are rare but can include:

- Hives (bumps on the skin that are often very itchy)
- Swelling of the face, tongue or throat
- Difficulty breathing

Should you develop symptoms of an allergic reaction call 9-1-1.

Serious side effects after vaccination should be reported to your local public health department by calling:

Things to remember:

- **Return for your second dose of the vaccine in 28 days.** It is very important to receive the second dose for the vaccine to work well.
- **Continue to follow the recommendations of local public health officials** to prevent spread of COVID-19, such as wearing a mask, staying at least 2 metres from others and limiting social contacts.
- **Do not receive any other vaccines** until you have received both doses of the COVID-19 vaccines. You must wait 28 days after the second dose of COVID-19 vaccine before you can receive any other vaccines.
- As a precaution, **avoid trying to get pregnant for at least 28 days** after getting the second dose of the vaccine.
- **Bring your immunization record with you for the second dose** and tell the person providing the second dose about any side effects you experienced after the first dose.
- **Keep this sheet or other immunization record** in a safe place. You can also download the [CANImmunize](#) app to keep track of this and other vaccines.

IMMUNIZATION RECORD

Name of client:

Date of birth of client (month/day/year):

Health card number / First Nations Status Card Number:

Record for Moderna COVID-19 Vaccine

Dose #	Date Month/day/year	Lot number	Site	Given by Name and professional designation
1				
2				