

# Next Steps:

## After you receive the COVID-19 vaccine



### **Make a plan to get your second dose of the vaccine.**

Before you leave the vaccine location, make sure you know when and where to come back for your second dose, and put a reminder in your calendar! Most COVID-19 vaccines will require two doses to be effective. This is so your body can build a strong immune response to offer the best protection.

Get text message reminders to get your second dose through **VaxText<sup>SM</sup>**



Text ENROLL to  
1-833-VaxText (829-8398)



### **Know the common side effects.**

You may experience side effects. This is normal and can be a sign that the vaccine is starting to work.

- Pain or swelling on your arm where you got the vaccine
- Fever
- Chills
- Tiredness
- Headache

Reduce discomfort where you got the vaccine by placing a clean, wet washcloth over the area. Drink plenty of fluids, rest, and dress lightly if you develop a fever.

**Even if you experience side effects from the first dose, you need to get your second dose.**



### **Know when to call a health care provider.**

Discomfort from fever or pain is normal. However, contact a health care provider if:

- Redness or tenderness increases after 24 hours.
- If your side effects worry you or if they last longer than a few days.

**If you are having a medical emergency, call 911.**



### **Sign up for v-safe<sup>SM</sup>**

Get the new smartphone-based tool for personalized health check-ins, easy reporting of side effects, and a reminder to get your second dose! Follow instructions on the [v-safe<sup>SM</sup>](#) [handout](#) your health care provider gave you.



### **Find a safe place to keep your COVID-19 vaccination card.**

Your vaccination card has information on when and where you received your vaccine as well as other helpful information related to the COVID-19 vaccine. Keep your card in a safe place! You may also visit the [Wisconsin Immunization Registry](#) for an electronic version.

# Continue to protect yourself and others

Vaccines are just one tool we have to stop the spread of COVID-19. Stopping the spread requires all the tools available. Together, vaccination and good public health behaviors will offer the best protection from COVID-19.



**Stay Home**



**Wear a Mask**



**Stay 6 Feet Apart**



**Wash Your Hands**

Even after you receive the COVID-19 vaccine, continue good public health practices such as:

- Staying home as much as possible.
- Staying at least 6 feet from others.
- Wearing a face mask when around others.
- Cleaning all high-touch surfaces every day.
- Covering your mouth and nose when you cough or sneeze.
- Avoid spending time with people who are sick.
- Washing your hands often with soap and water for at least 20 seconds or using hand sanitizer with 60% alcohol.
- Avoid touching your eyes, nose, and mouth if you haven't washed your hands.

## Remember

- With the Pfizer and Moderna COVID-19 vaccines, you will need 2 doses for the vaccine to be most effective and offer the best protection.
- Mark your calendar so you know when to go back to get your second vaccine.
- You may experience common side effects. This is a normal part of getting vaccinated.