

What side effects can occur after getting a vaccine?

Possible side effects from COVID-19 Vaccine

Side effects from the COVID-19 vaccine can differ from person to person. Some may feel mild discomfort but can continue their daily routine, while others might experience side effects that temporarily affect their activities. These effects are usually mild and short-lived. Even if you don't notice any side effects, rest assured that your body is still building protection against the virus that causes COVID-19. Common side effects can include:

- Pain, swelling, and redness on the arm where the shot was given.
- Tiredness, headache, muscle pain
- Chills
- Nausea
- Fever

You cannot get COVID-19 from receiving a COVID-19 vaccine. The vaccines do not contain the live virus that causes COVID-19.

Possible side effects from Flu Vaccine

Similarly to COVID-19 vaccine, the side effects from the Flu Vaccine can differ from person to person. These side effects are also typically mild and short-lived, especially when compared to the symptoms of the flu. Common side effects can include:

- Pain, swelling and redness on the arm where the shot was given.
- Tiredness, headache (low grade), muscle pain
- Fever
- Nausea

You cannot get the flu from receiving a flu vaccine. The vaccines do not contain live flu viruses that cause the flu.

Relieve Common Side Effects

- It is **not recommended** to take pain relievers or medicines, such as ibuprofen, aspirin (only for people ages 18 years or older), or acetaminophen **before** vaccination to try to prevent side effects.
- Talk to your doctor about taking over-the-counter pain relievers **after** your vaccine.
- If possible, get some rest.
- To relieve pain or swelling on the arm where you got the shot:
 - Apply a clean, cool, wet washcloth over the area.
 - Use or keep moving your arm.
- To reduce discomfort from fever:
 - Drink plenty of fluids.
 - Dress in comfortable clothes.

Sources:

<https://www.cdc.gov/vaccines-children/before-during-after-shots/less-stress.html>

<https://www.cdc.gov/flu/prevent/keyfacts.htm>

<https://www.cdc.gov/covid/vaccines/getting-your-covid-19-vaccine.html>