

# What to expect when you get your COVID-19 vaccine

**Getting vaccinated is an important step toward ending the pandemic. Here are some things you can expect:**



**Getting 1 or 2 doses, depending on the vaccine available.** If you get the Pfizer-BioNTech or Moderna vaccine, you'll need to come back for a second dose. The doses are given several weeks apart, and the same authorized vaccine brand must be used for both – the vaccines are not interchangeable. If you get the Johnson & Johnson/Janssen vaccine, you'll only need one dose.



**Receiving a vaccination card.** When you get vaccinated, you'll be given a card that describes the brand of vaccine. If 2 doses are required, your card will show the date for receiving the second dose. The card will also serve as proof of vaccination, so keep it in a safe place (consider taking a picture of the card as an extra safety measure).



**Waiting for 15 or 30 minutes after each shot.** Although rare, allergic reactions can occur. To watch for possible reactions, we're asking patients to stay for 15 minutes, or 30 minutes if you have a history of allergies, at the vaccination site after getting each dose. If you have a history of severe allergic reactions, if you carry an EpiPen, have had a severe reaction to any ingredients in a COVID-19 vaccine, or had a severe allergic reaction after a previous dose of a COVID-19 vaccine, you should not receive the vaccine until you consult with your physician.



**Experiencing possible side effects.** Some people have reported feeling temporary flu-like symptoms, lasting 1 to 2 days on average, after receiving a dose. The symptoms are a sign that your body is building immunity to the virus. These side effects may include:

- Pain at the injection site
- Chills
- Fatigue
- Joint pain
- Headache
- Fever
- Muscle pain

Some side effects may be more severe in a small percentage of people. If you experience severe side effects, please contact your doctor.



**Following safety guidelines.** According to the CDC, you can resume many activities without wearing a mask or staying 6 feet apart. However, masks remain important in many settings and will continue to be required at all Kaiser Permanente facilities. The mask guidance does not apply to high-risk activities or areas such as health care settings and public transportation, or travel. In addition, even after being fully vaccinated, anyone with symptoms of illness should resume wearing a mask and get tested for COVID-19 as soon as possible.