



How will you feel after a COVID-19 shot?

The COVID-19 shot protects most people from getting very sick from COVID-19.

COVID-19 is a disease that makes people very sick.

To stay safe from getting COVID-19, you need to get a shot or two in your arm.

The shot is free. Call your pharmacy to see if they have the shot.

After the COVID-19 shot, some people might be a little sick for a few days.

.....

Common Side Effects

On the arm where you got the shot, you may have the following:

- Pain
- Redness
- Swelling

In your body, you may feel the following:

- Tired
- Headache
- Muscle pain
- Chills
- Fever
- Upset stomach

Tips to help you feel better after a COVID-19 shot

After a COVID-19 shot, some people may not feel very well. But the pain from the shot only lasts a day or two.

To help with the pain where you got the shot:

- Use a clean, cool, wet towel on the area.
- Move your arm.

To help with fever, you need to do the following:

- Drink lots of fluids.
- Dress lightly.
- Follow what your doctor tells you to do.

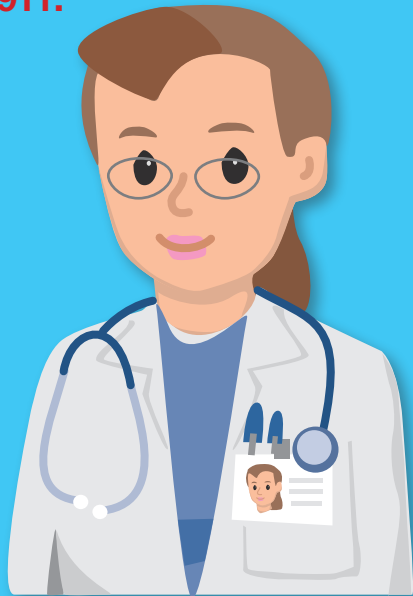


When to Call the Doctor

Call your doctor:

- If the pain where you got the shot gets worse after 24 hours. Keep in mind that your arm where you got the shot will hurt for a few days.
- If the common side effects do not seem to be going away after a few days.

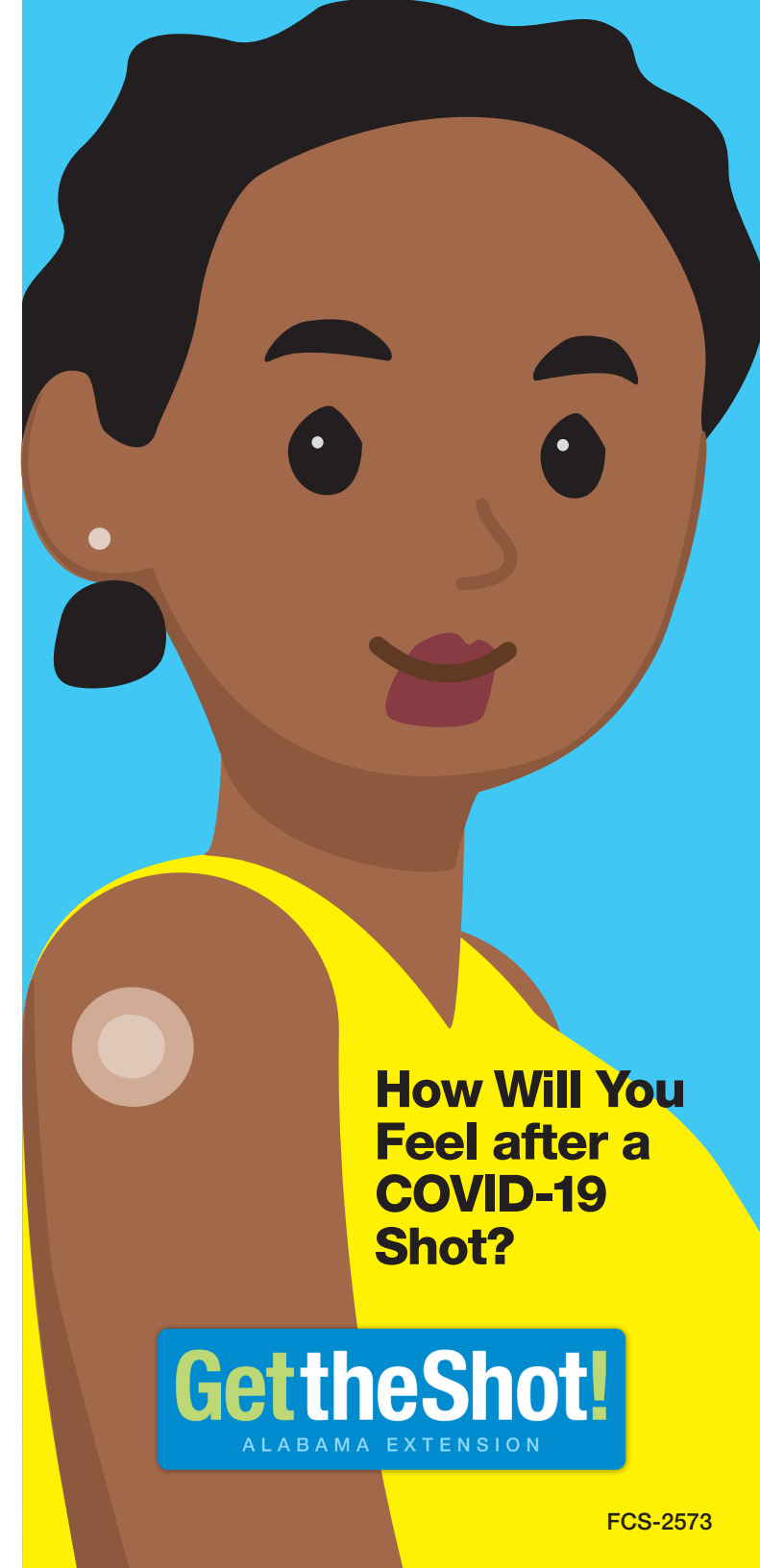
If you have an allergic reaction to the COVID-19 shot after leaving the vaccine site, call your doctor or 911.



For more information, visit:
www.alabamaready.info

Barb Struempler, Associate Dean, Assistant Director, Human Sciences Extension; Amy Sorter, Executive Support Assistant, Human Sciences Extension; Helen Jones, Sheree Taylor, Elaine Softley, Marilyn Agee, Hope Pettway-Thomas, Tera Glenn, and Shonda Miller, Regional Extension Agents, College of Human Sciences Extension, all with Auburn University

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have any accessibility needs. New October 2021, FCS-2573 © 2021 by the Alabama Cooperative Extension System. All rights reserved.
www.aces.edu



How Will You
Feel after a
COVID-19
Shot?

Get the Shot!
ALABAMA EXTENSION