

# COVID-19 Vaccine Information

*What you need to know about COVID-19 Vaccination*  
**Module# 3: What to Expect** *(Before, During, After)* **the Day of your Appointment**



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FOR MORE INFORMATION: [cdc.gov/COVID19](https://cdc.gov/COVID19)

## *What you need to know about* **COVID-19 Vaccination**

**Disclaimer:** This presentation is for informational purposes only. This presentation is not to provide medical advice, and should not be substituted for seeking medical advice from your health care provider. The information shared today is intended to help you make a well informed decision, and/or prepare for a more detailed conversation about COVID-19 vaccines with your health care provider.

*The information shared today related to COVID-19 illness, COVID-19 vaccine information, vaccine eligibility, and vaccine appointment information is current as of March 31, 2021, but is subject to change.* Please continue to frequently check the CDC website, your local and state public health department website for changes/updates in guidance about COVID-19 illness and COVID-19 vaccines.

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## Before



- ✓ Learn about COVID-19 vaccines.
  - ✓ Learn if you are eligible for vaccination, and if is recommended for you.
    - Share your concerns or fears about COVID-19 vaccines. Talk to your doctor. Ask questions.
    - Speak to your friends, family, or SC.
  - Read the vaccine fact sheet for the COVID-19 vaccine(s) that will be available to you.
  - ✓ Learn about how to make an appointment.
  - ✓ Register for a vaccine appointment on the MyTurn, LA County Public Health, other websites, and/or by phone.
  - ✓ Make sure you have transportation to your appointment.
  - ✓ Make sure you have proper documentation to receive your vaccine: photo ID, eligibility group; and proof you are a resident of LA County.
    - Stay healthy, eat well, sleep/rest, stay hydrated, and stay relaxed/calm.
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## During



- **Wear a mask, and wear comfortable clothing, that's easy to access your arm.**
- Arrive a few minutes prior to appointment. \*
- Check-in, health-screening. Answer health/allergy questionnaire.
- Show eligibility documents
- Relax, feel a pinch, and you've received your vaccine!
- **Wait 15minutes\*\*** in a designated area so you can be monitored for immediate side effects.
- Receive a white "COVID-19 Vaccination Record Card" with the name/date of vaccine received.
- ***Before you leave.*** Receive a return appointment, or instructions on how you will receive your second dose (if 2 dose series)
- Continue using all the measures to protect yourself and others.

\* Drive through sites may have more unpredictable time frames and wait times, please plan accordingly

\*\* If you have a prior medical reason/history of allergic events, you will be monitored for 30min

## During



### COVID-19 Vaccination Record Card

Please keep this record card, which includes medical information about the vaccines you have received.

Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.



Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Date of birth \_\_\_\_\_ Patient number (*medical record or IIS record number*) \_\_\_\_\_

Vaccine	Product Name/Manufacturer	Date	Healthcare Professional or Clinic Site
	Lot Number		
1 <sup>st</sup> Dose COVID-19	.....	__/__/__ <i>mm dd yy</i>	
2 <sup>nd</sup> Dose COVID-19	.....	__/__/__ <i>mm dd yy</i>	
Other		__/__/__ <i>mm dd yy</i>	
Other		__/__/__ <i>mm dd yy</i>	

## After



- **Review the vaccine fact sheet**-the known side effects of the specific COVID-19 vaccine you received.
- Put your white “COVID-19 Vaccination Record Card,” in a safe place.
- Monitor for mild or expected side effects, usually last 1-3days post vaccination

### Expect some side effects:

- If injection site soreness, move your arm, do Range of Motion exercises.
- If injection site pain or swelling, you can apply a cold compress/ice.
- If muscular aches/pain and you cannot tolerate, take a an OTC pain/fever reducer (if appropriate).
- If fever, you can take an OTC pain/fever reducer (if appropriate).

- **Call your doctor**, for any unusual or other side effect that may be worrisome; and/or if your symptoms don't improve in 1-3 days.
- **Call 911, if you think you might be having medical emergency or a severe allergic reaction-** swelling of your face, tongue, throat, mouth, or difficulty breathing.

## After



- **Continue using all the measures to protect yourself and others from COVID-19.**
- Enroll in **V-safe** to voluntarily monitor and report your symptoms
- You can also report to **VAERS** any unexpected or severe side effects.

### If you get COVID-19 after receiving your 1<sup>st</sup> dose of vaccine...

- *You must wait to get your 2<sup>nd</sup> vaccine dose:*
  - At least 10 days since you tested (+), and you have recovered from your acute illness; with no fever w/ in the last 24hrs and symptoms overall improved \*

- Once you have recovered, schedule your 2<sup>nd</sup> dose of vaccine as close to the due date as possible (but not before).
- *For mRNA vaccines*, if you need to delay or postpone your 2<sup>nd</sup> dose...try to receive the 2<sup>nd</sup> dose no later than 6weeks (42 days) after 1<sup>st</sup> dose.

\* discuss with your doctor, depends on the severity of illness, medications/treatments received, and/or if you have an immunocompromised condition.

# Protect yourself, your family, friends, coworkers, and your community. Get vaccinated.

- Choose to get vaccinated when it is offered to you.
- Choose the vaccine that is available to you.
- Participate in **V-safe** and help CDC monitor for any health effects after vaccination.
- Share your experience with coworkers, friends, and family.
- Help answer questions from your family and friends. Know the basics about the COVID-19 vaccine.
- Be a role model and share your vaccine pictures on social media\* for friends and family to see that you are doing your part to end the pandemic.

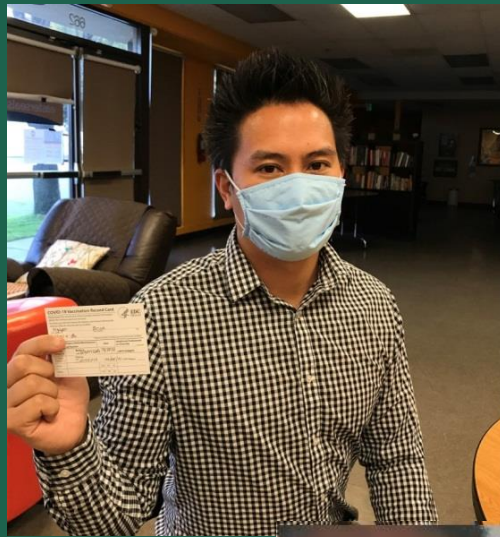
*\* If you post pictures with your vaccine cards, make sure to protect your personal information on your "COVID-19 Vaccination Card." It may contain your DOB and medical record #.*













**Thank you!**



**Stay Healthy & Be Safe**





# Frequently Asked Questions (FAQs)



- **LA County Public Health- COVID-19 Vaccines FAQs**  
<http://www.publichealth.lacounty.gov/media/coronavirus/docs/about/FAQ-Vaccine.pdf>
- **CA Dept. Developmental Services: FAQs COVID-19 Vaccines**  
[https://www.dds.ca.gov/wp-content/uploads/2021/03/Vaccine\\_FAQs\\_03182021.pdf](https://www.dds.ca.gov/wp-content/uploads/2021/03/Vaccine_FAQs_03182021.pdf)
- **CDC: Frequently Asked Questions About COVID-19 Vaccines**  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>
- **CDC: Understanding How COVID-19 Vaccines Work**  
[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fhow-they-work.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fhow-they-work.html)
- **CDC: When You've Been Fully Vaccinated**  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>