



[Vaccine Site Name Here]
After your COVID-19 vaccine

Dose #1 Received on:	Dose #2 ? Come back on:
_____	_____

What to expect



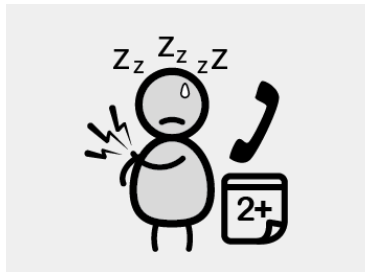
Most people feel **sick, tired and sore** after **6 to 12 hours**



You should **feel better** in **2 days**



It takes **14 days** for your body to **build its defence system**



If you **feel worse** after **2 days** call _____ **serious symptoms e.g. trouble breathing** call **9-1-1**

What you can do to feel better



Move your arm to ease stiffness and use an ice pack



Take pain relief medication (**Acetaminophen** or **Ibuprofen**)



Drink fluids



Get **rest** if you can

What you can say to reassure others

"Already having other vaccines helped me make this choice"

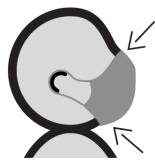
"Vaccines have almost eliminated polio and smallpox"

"This is one thing I can do for myself and my loved ones"

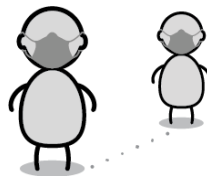


Questions?

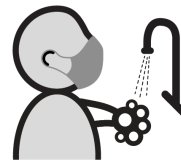
Keeping safe in public



Wear a mask that **fits well**



Keep your distance from others



Wash or **sanitize** your hands often

It's best to wear a mask and stay distanced until most people are vaccinated