

Ministry of Health

COVID-19 Vaccine After Care Sheet

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This guidance provides basic information only. It is not intended to take the place of medical advice, diagnosis or treatment, legal advice or legal requirements.

In the event of any conflict between this guidance document and any applicable emergency orders, or directives issued by the Minister of Health, Minister of Long-Term Care, or the Chief Medical Officer of Health (CMOH), the order or directive prevails.

- Please check the Ministry of Health (MOH) [COVID-19 website](#) regularly for updates to this document, list of symptoms, other guidance documents, Directives and other information.

Pfizer-BioNTech COVID-19 Vaccine

What should I do right after receiving the vaccine?

- You should **wait for 15 minutes** after receiving your vaccine to be sure you are feeling well. If anaphylaxis were to occur after vaccination, it typically happens within 15 minutes. You will be asked to wait either in the clinic or outside the clinic as advised by the clinic staff.
- **Inform the clinic staff** if you feel unwell while waiting.
- If waiting inside the clinic, be sure to **leave your mask on** and **remain at least 2 metres away** from others.
- Use the **alcohol-based hand rub to clean your hands** before leaving the clinic.
- **Do not operate a vehicle** or other form of transportation for at least 15 minutes after being vaccinated or if you are feeling unwell.

What should I expect in the next few days?

- Similar to medications and other vaccines, the COVID-19 vaccine can cause side effects although not everyone will experience these. Most side effects are minor and don't last very long.

- Examples of common side effects that have been reported for the Pfizer-BioNTech COVID-19 vaccine include pain at injection site, redness, swelling, tiredness, headache, muscle pain, chills, joint pain, and fever. A cool damp cloth where the vaccine was given may help with soreness and, if needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever.
- Serious side effects after receiving the vaccine are rare. However, **should you develop any signs or symptoms that could be an allergic reaction, seek medical attention right away or call 911 if you are severely unwell.**

Symptoms of an allergic reaction include:

- Hives (bumps on the skin that are often very itchy)
- Swelling of the face, tongue or throat
- Difficulty breathing

After accessing care, your health care provider will inform your local public health unit of any serious side effects after vaccination.

- If you are concerned about any reactions you experience after receiving the vaccine, contact your health care provider. You can also contact your local public health unit to ask questions or report an adverse reaction. When you report an adverse reaction to your health care provider or public health unit you will be asked some questions about your health and the reaction you've experienced. Reports of adverse reactions following immunization are sent to Public Health Ontario and to the Public Health Agency of Canada.

Things to remember after you receive the vaccine

- Continue to follow the recommendations of local public health officials to prevent spread of COVID-19, which include wearing a mask, staying at least 2 metres from others and limiting / avoiding contact with others outside your household.
- Ensure you return for your second dose of the Pfizer-BioNTech COVID-19 vaccine in 21 days. Make an appointment or follow the instructions of the health care provider to ensure you receive the second dose at the right time. It is very important that you receive the second dose on time even if you experience mild side effects after the first dose, in order to get the best protection against COVID-19.
- **Keep this sheet (or other immunization record) AND your printed COVID-19 Immunization receipt from the vaccination today** in a safe place. Bring the

COVID Immunization receipt (and other immunization record if you wish) with you for your second dose of vaccine.

Appointment Date and Time for Second Dose:
