

You Were Vaccinated For COVID-19. What Now?

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Taking a COVID-19 vaccine is an important step to protect yourself and others. Now that you've been vaccinated, what do you need to know?



What the vaccine does to protect you

The COVID-19 vaccines teach your body how to recognize and fight the coronavirus that causes COVID-19.

Vaccine studies tell us both the Pfizer and Moderna vaccines protect you from getting sick with COVID-19. About 94% (Moderna) to 95% (Pfizer) of people in the studies who received vaccines did not get seriously ill.

Medical experts are learning how long the vaccines protect you. They are also still learning if people who are vaccinated can still spread the virus. They will know more as more people are vaccinated.

You need two doses for the most protection

You need 2 doses (shots) of Pfizer or Moderna vaccine to get the best protection from serious COVID-19 illness.

The timing between your first and second doses depends on which vaccine you received:

- for the [Pfizer-BioNTech](#) - second dose 3 weeks (or 21 days) after your first
- for the [Moderna](#) - second dose 1 month (or 28 days) after your first

Get your second dose as close to the recommended time as possible. The CDC recommends getting your second dose no later than 6 weeks from the first. You don't need to start over if you have to get the second dose later than recommended.

Get the same brand for your second dose as you did for your first.

It takes time for your body to build protection after any vaccination. You may have some protection after the first dose, but your body will be most ready to protect you two weeks after your second dose.



Short-term side effects

Many people have side effects after getting the vaccine. These side effects are not COVID-19. The Pfizer and Moderna vaccines do not contain live virus and cannot give you the disease.

Vaccine side effects are signs that your body is doing what it is supposed to do. It's building protection against the virus. Some people have no side effects, but the vaccine is still building protections inside their bodies.

Common side effects can include:

- Soreness or redness where you got the shot
- Headache
- Tiredness
- Fever

Side effects usually go away on their own within a few days. If they don't, call your doctor or clinic. If you don't have a doctor, call 211 for help finding one.

Get the second dose even if you have side effects after the first – unless a vaccination provider or your doctor tells you not to. For many people the side effects are more noticeable after the second dose.

It is rare, but some people have had a severe allergic reaction within 15 to 30 minutes of receiving the vaccine. All of these people received medical help right away. This is why you are asked to wait for up to 30 minutes after you get your vaccination. If you had a severe reaction, talk to your doctor before getting a second dose.

Protect Yourself, Protect Others

Even after you get vaccinated, you still need to protect yourself and others. Why?

- ✓ It takes two weeks after your second dose to build the most protection for yourself.
- ✓ It will take some time before everyone who wants a vaccine will be able to get it.
- ✓ Some people can't get vaccinated yet. Right now, there is no COVID-19 vaccine for kids and teens under 16.
- ✓ Some people will never be able to get the vaccine due to a health condition or allergy.
- ✓ No vaccine is 100% effective.
- ✓ Medical experts need time to learn more about how these vaccines protect us and if they keep us from spreading COVID-19 to others. They also need time to learn if the vaccine will need updating to keep up with changes in the virus. So far, the Pfizer and Moderna vaccines offer good protection against new versions of the virus.

While we build up our protection as a community, we still need to take care of our family, friends, and neighbors who are most at risk of getting very sick:

- Wear a mask when around others
- Wash your hands often, or use hand sanitizer
- Watch your distance (keep 6 feet between you and others)
- Keep gatherings small, brief, and outdoors if possible
- Stay home if you are sick and talk to your doctor about getting a COVID-19 test.



Visit www.clackamas.us/coronavirus for the latest updates.