

What happens when I get a COVID-19 vaccine?



Health Care Access Research
and Developmental Disabilities

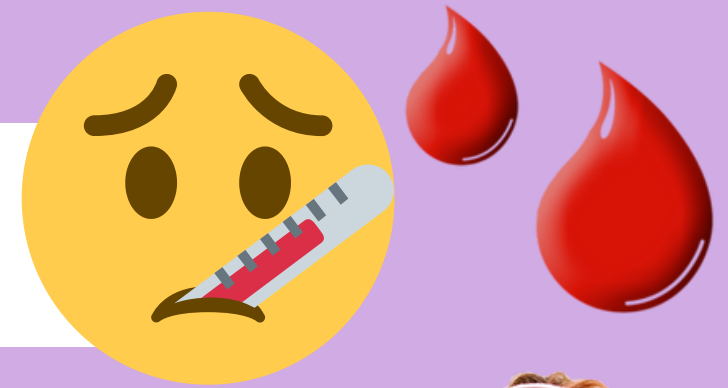
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Before getting the vaccine, you should tell the doctor or nurse if:

You are **not feeling well** or if you have **COVID-19 symptoms**.



You have a **bleeding disorder**.



You have ever **fainted after** getting a **vaccine**, or if you are **scared** of **vaccines** and needles.

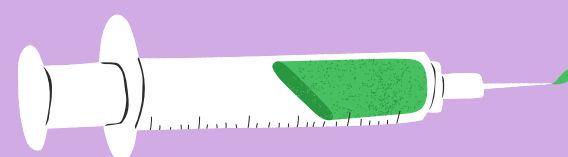


You have had an **allergic reaction** to a **vaccine**.

You have had any **serious allergic reactions**.

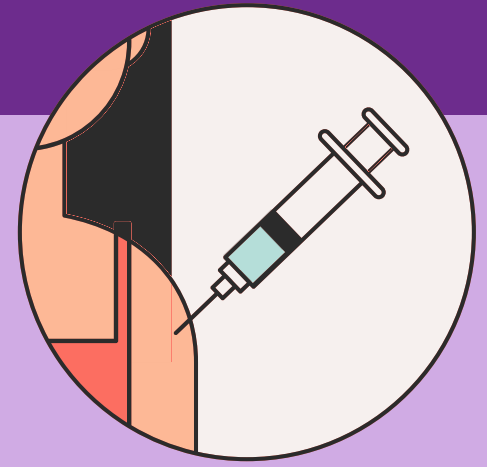


You have had any **other vaccines recently**.

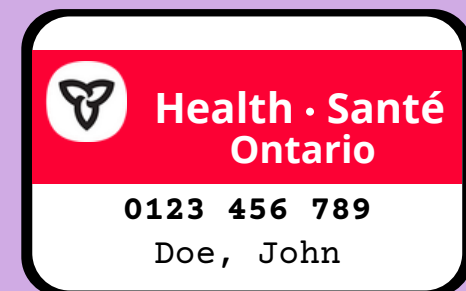


What should I do before my COVID-19 vaccine appointment?

Wear a short sleeved shirt or a top with sleeves that are easy to roll up.



Bring your Ontario health card or other photo ID.



What will happen when I get the vaccine?

You will sit down with a doctor, nurse, or pharmacist and they will ask you to roll up your sleeve.

The doctor, nurse, or pharmacist will clean the skin on your arm and give you the vaccine.

The vaccine is a needle that goes into your upper arm near your shoulder, like a flu shot.

Your arm may get sore or red for a day or two.



What happens after I get the vaccine?

You will wait for **5-15 minutes** at the clinic to make sure you are feeling well before you go home.



Your **arm** may get **red** and **hurt** where the needle went.

You might have **muscle pain**, a **low fever**, a **headache**, **nausea**, or feel **tired**.

This is **okay** and it is **normal**.

If you don't feel well or are worried, you can call the doctor, nurse, or someone else at the clinic.

Your **body** will **become stronger** and **protect** you better from the COVID-19 virus.



After I get the vaccine, how do I know if I should get help?

Very few people get very sick from COVID-19 vaccines.

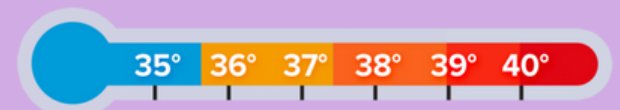


If you feel very sick after the vaccine you should call your doctor or 911.



You should get help if you have:

- High fever (more than 40 degrees Celsius)
- Chest pain or it is hard to breathe
- A very painful headache
- Your face or mouth gets swollen or puffy
- Paler skin and you feel like fainting
- A seizure
- Blurry vision
- Confusion
- Hives
- Numb body parts



How will I know if I am having an allergic reaction to the COVID-19 vaccine?

Very **few people are allergic** to the COVID-19 vaccine.

It is very important to **tell** the **healthcare worker** who is giving you the vaccine **if you have any allergies**.

If you are allergic to the vaccine, you may get **hives** (itchy bumps on your skin), you may have **trouble breathing**, and you may have a **swollen face, tongue, and throat**.

The workers at the vaccine clinic will watch you for for 5-15 minutes to make sure you do not have an allergic reaction.

If you are worried you should talk to your doctor or nurse before getting the COVID-19 vaccine.

This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

We thank the self-advocates worked with us to create this guide.

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