

Next Steps:

After you receive the COVID-19 vaccine



Make a plan to get your second dose of the vaccine.

Before you leave the vaccine location, make sure you know when and where to come back for your second dose, and put a reminder in your calendar! Most COVID-19 vaccines will require two doses to be effective. This is so your body can build a strong immune response to offer the best protection.

Get text message reminders to get your second dose through **VaxText**SM



Text ENROLL to
1-833-VaxText (829-8398)



Know the common side effects.

You may experience side effects. This is normal and can be a sign that the vaccine is starting to work.

- Pain or swelling on your arm where you got the vaccine
- Fever
- Chills
- Tiredness
- Headache

Reduce discomfort where you got the vaccine by placing a clean, wet washcloth over the area. Drink plenty of fluids, rest, and dress lightly if you develop a fever.

Even if you experience side effects from the first dose, you need to get your second dose.



Know when to call a health care provider.

Discomfort from fever or pain is normal. However, contact a health care provider if:

- Redness or tenderness increases after 24 hours.
- If your side effects worry you or if they last longer than a few days.

If you are having a medical emergency, call 911.



Sign up for v-safeSM

Get the new smartphone-based tool for personalized health check-ins, easy reporting of side effects, and a reminder to get your second dose! Follow instructions on the [v-safeSM](#) [handout](#) your health care provider gave you.



Find a safe place to keep your COVID-19 vaccination card.

Your vaccination card has information on when and where you received your vaccine as well as other helpful information related to the COVID-19 vaccine. Keep your card in a safe place! You may also visit the [Wisconsin Immunization Registry](#) for an electronic version.

Continue to protect yourself and others

Vaccines are just one tool we have to stop the spread of COVID-19. Stopping the spread requires all the tools available. Together, vaccination and good public health behaviors will offer the best protection from COVID-19.



Stay Home



Wear a Mask



Stay 6 Feet Apart



Wash Your Hands

Even after you receive the COVID-19 vaccine, continue good public health practices such as:

- Staying home as much as possible.
- Staying at least 6 feet from others.
- Wearing a face mask when around others.
- If you have been fully vaccinated against COVID-19 and were exposed to someone with COVID-19, you may not have to quarantine. Visit www.dhs.wisconsin.gov/covid-19/close-contacts.htm to learn more.
- Cleaning all high-touch surfaces every day.
- Covering your mouth and nose when you cough or sneeze.
- Avoid spending time with people who are sick.
- Washing your hands often with soap and water for at least 20 seconds or using hand sanitizer with 60% alcohol.
- Avoid touching your eyes, nose, and mouth if you haven't washed your hands.

Remember

- With the Pfizer and Moderna COVID-19 vaccines, you will need 2 doses for the vaccine to be most effective and offer the best protection.
- Mark your calendar so you know when to go back to get your second vaccine.
- You may experience common side effects. This is a normal part of getting vaccinated.