What to Expect When You Get the COVID-19 Vaccine

Safe and effective COVID-19 vaccines are one of the most important ways to end the pandemic. Remember: Every vaccine protects you from getting COVID-19.

The COVID-19 vaccine is no-cost!

FACTS: The COVID-19 vaccine does not contain the live virus. It cannot give you COVID-19. It does not make you contagious. On a COVID-19 test, it does not make you test positive.

How to Get Your COVID-19 Vaccine

• If you live or work in Orange County, register at Othena.com. You will be notified when you are eligible to get the COVID-19 vaccine.
• You can also schedule a vaccine appointment at your local CVS, Walgreens or Rite Aid pharmacies.

For Your Vaccine Visit

• Do not take aspirin, acetaminophen (Tylenol), ibuprofen (Advil) or antihistamines (Benadryl).
• Arrive on time.
• Bring your appointment confirmation with you.
• Have a form of ID handy to prove your identity with a picture ID and your name, date of birth, and proof that you live or work in Orange County.
• Make sure to follow all COVID-19 protocols. Wear a mask and stay at least 6 feet away from others inside and in lines.
• After your vaccination, you will be asked to stay for 15 minutes to make sure you are OK.

After Your Vaccine Visit

• If you receive a vaccine that requires two doses, your provider will make a follow-up appointment with you.
• You might experience side effects. This means that your body is responding to the vaccine, which is normal! Possible side effects include:
  - Muscle pain
  - Nausea
  - Joint pain
  - Fatigue
  - Chills
  - Fever
  - Headache

If your side effects get worse, call your doctor right away. For severe allergic reactions, call 9-1-1.

It takes time for your body to build protection after vaccination. People are fully vaccinated 2 weeks after their second shot of the Pfizer or Moderna vaccines. For single shot COVID-19 vaccines, full vaccination is after 2 weeks.

Talk to your doctor if you have questions about the COVID-19 vaccine or visit us at www.caloptima.org/vaccine.