

AFTER CARE

Moderna Spikevax® bivalent Original/ Omicron COVID-19 Vaccine

September 8, 2022

What should I do right after receiving the vaccine?

- **Wait for at least 15 minutes** after receiving your vaccine. A longer waiting time of 30 minutes may be recommended if there is concern about a possible vaccine allergy. Though uncommon, fainting or allergic reactions can occur after vaccination. Symptoms of an allergic reaction include hives (bumps on the skin that are often very itchy), swelling of the face, tongue or throat, or difficulty breathing. The clinic staff are prepared to manage these events should they occur.
- You may be asked to wait in the clinic or outside the clinic (such as in your vehicle) if an adult is with you/them. If asked to wait outside, inform the health care provider if you do not have a warm, dry place to wait.
- **Inform a health care provider** at the clinic if you feel unwell while waiting. If waiting in your vehicle, you can honk your horn to get their attention.
- If waiting inside the clinic, be sure to **leave your mask on** if at all possible and **remain at least 2 metres away** from anyone not part of your household.
- 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 to 30 minutes after being vaccinated (as advised by the health care provider) or if you are feeling unwell.

What should I expect in the next few days?

- Side effects can develop within 3 days after receiving the vaccine. Although these side effects are not serious to your health, they may make you feel unwell for a day or two; they will go away on their own.
 - » The most common side effect is pain where the needle was given; swelling where the needle was given may also occur. A cool, damp cloth or wrapped ice pack where the vaccine was given may help.
 - » Some local reactions may occur 7 days or more after immunization and include a rash, tenderness and extensive swelling where the injection was given. This is a known reaction that resolves on its own within 7-10 days.
 - » Other symptoms may include tiredness, headache, muscle pain, joint pain, chills or fever. Enlarged lymph nodes (swollen glands) that last for several days may also occur.
 - » If needed, pain or fever medication (such as acetaminophen or ibuprofen) may help with pain or fever. Check with your health care provider if you need advice about medication.
- Serious side effects after receiving the vaccine are rare. However, **should you develop any serious symptoms or symptoms that could be an allergic reaction, call 9-1-1 right**

away. 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
- Very rare cases of myocarditis (inflammation of the heart) and/or pericarditis (inflammation of the outer lining of the heart) following immunization with this vaccine have been reported in those 12+ years old. Go to Emergency or call 911 right away if you have any of the following symptoms any time after vaccination:
 - » chest pain
 - » shortness of breath
 - » irregular heartbeat, a very fast or pounding heartbeat
- Rare cases of tinnitus (ringing or other noises in one or both ears) or hearing loss have been reported after receiving a COVID-19 vaccine. The majority of the reports have happened following vaccination with the Pfizer-BioNTech COVID-19 vaccine.
- Very rare reports of Bell's palsy (weakness or paralysis on one side of the face that is often temporary) following immunization have been reported in a small number of people 12+ years old in Canada and internationally. Symptoms usually resolve within a month.
- If you have any concerns about these or other symptoms you develops after receiving the vaccine, call 811. If you received a vaccine from a pharmacist, please consult them first when possible.
- If you still need to receive another dose, tell the person providing the next dose about any side effects you experienced after a previous dose.

When to return for the next vaccine dose

- Only 1 dose of this vaccine is required as a booster dose.

Things to remember

- **Continue to follow the recommendations of local public health officials** to prevent spread of COVID-19, which may include wearing a mask, staying at least 2 metres from others and limiting/avoiding contact with others outside your household.
- **Keep this sheet or other immunization record in a safe place.** You can also download the [CANImmunize](#) app to keep track of this and other vaccines. Sign up for [MySaskHealthRecord](#), a secure website that enables Saskatchewan citizens to quickly and easily access their personal health information including immunization history.