

COVID VACCINATION AFTERCARE (if needed)

Please don't take medication unless you experience significant discomfort from the vaccine

People will most likely experience a sore arm at the injection site. They may also see some redness and/or swelling. These symptoms should resolve in a day or two. You may take Tylenol® (acetaminophen) to ease the discomfort. A cool compress may also give some relief.

One may also experience fatigue, headache, muscle aches, chills, fever and/or nausea. These side effects should also last one or two days. Sometimes these symptoms may prevent one from attending work or classes for a day or two. Supportive measures such as rest, adequate hydration, Tylenol® can help.

Tylenol® (Acetaminophen) 325 mg:

Take one or two tablets up to four times a day for temporary relief of headache, body aches, or fever

Warnings:

- 1) Do not take this if you are allergic to acetaminophen
- 2) Do not take with any other acetaminophen containing products
- 3) Do not exceed 4000 mg a day
- 4) Do not drink alcohol when using acetaminophen
- 5) Do not take if you have significant liver or kidney disease and/or have been advised by your health care provider not to use this product.

If one is concerned about any post vaccination symptoms, please contact the Davison Health Center at 860-685-2470. Please do so if you experience:

- a) Increasing arm redness after 48 hours
- b) Shortness of breath
- c) Severe chest or abdominal pain
- d) Significant lightheadedness or fainting
- e) Mental status changes