Coping with COVID-19 Vaccine Side Effects

COVID-19 vaccination will help protect you from getting COVID-19.

You may have some side effects after the COVID-19 vaccine, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Common Side Effects

On the arm where you got the shot
1. Pain
2. Redness
3. Swelling

Throughout the rest of your body
1. Tiredness
2. Headache
3. Muscle pain
4. Chills
5. Fever
6. Nausea

Helpful tips

To reduce discomfort from fever
- Drink plenty of fluids
- Dress lightly

To reduce pain and discomfort where the shot is given
- Apply a clean, cool, wet washcloth over the area
- Use or exercise your arm

CDC does not recommend taking any medication before COVID-19 vaccination to prevent vaccine-related side effects

If you have pain or discomfort after getting your vaccine, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. Aspirin is not recommended for use in children and adolescents less than 18 years of age.