

Information for people who got vaccinated for COVID-19

I just got my first dose: what should I keep in mind?

- *Keep your own record of vaccine date, brand, location, date scheduled for second dose, and any other pertinent information provided.*
- *Keep protecting yourself and others as you did before the vaccine.* Be mindful that new COVID-19 variant strains have been observed and study of how much protection the current vaccines offer are still going.

Will I get protected if I only take one dose?

- Currently, only the Janssen vaccine is authorized for a single dose course. The latter is approximately 67% and 66% effective in preventing moderate to severe/critical COVID-19 disease occurring at least 14 days and 28 days after receiving the vaccine, respectively.
- To get the full benefits of the Pfizer/BioNTech or Moderna vaccines, it is important to receive both doses within the recommended time frame.
- Additionally, the >90% protection against COVID-19 expected after the vaccine starts around 7 days after the second dose for Pfizer and 14 days after for Moderna.

After getting the vaccine, I started to feel sick. Is this normal and what can I do about it?

- When you get vaccinated, you may feel some flu-like symptoms, such as fever, muscle/joint pain, fatigue or headache. These symptoms are normal and recede in a couple days.
- Feeling mildly or moderately sick should not hinder your decision in getting the second dose.
- Try using any aspirin-free, fever-reducing medications, such as acetaminophen, to manage these symptoms.
- If your health worsens or you get incapacitated, it would be good to consult your physician for treatment and to evaluate the risk and benefit of the second dose (if this happened after your first dose).
- Visit the smartphone app *Vsafe* from the CDC. This tool is designed to remind you of your next dose appointment and track any adverse reaction for the vaccine:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>
- For more information regarding the COVID-19 vaccine precautions or contraindications, please visit:
<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#Contraindications>

I have already received all the COVID-19 doses: what now?

- Keep in mind that although you are protected, you could still unknowingly infect members of your household or other people who have not completed their vaccinations.
- It is important to keep practicing all the preventive COVID-19 measures, such as distancing, mask use, and handwashing, and avoiding poorly ventilated indoor spaces.



- Around 70% of the population needs to be vaccinated before we can reduce the current preventive practices.

Should I get vaccinated for Influenza, despite having received the full COVID-19 doses?

- Yes. These COVID-19 vaccines are not designed to protect you from influenza.
- However, it is recommended to defer vaccination if you are currently ill with COVID-19 symptoms, and leave 2 weeks between flu and COVID-19 vaccines
- Moreover, if you just received the COVID-19 vaccine, the CDC recommends waiting at least 14 days to get a different vaccine and viceversa.

For more information, please visit:

<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html>

<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>

<https://www.healthline.com/health-news/what-we-know-about-the-side-effects-of-pfizers-covid-19-vaccine>

<https://mailchi.mp/prpht/boletin-informativo-diciembre-2020?e=5642f79413>

<https://jharkhandstatenews.com/article/top-stories/3980/basic-questions-on-covid-vaccines-answered-by-dr-raghvendra-rao/>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>