



HOW TO MONITOR
& REPORT COVID-19
VACCINE

SIDE-EFFECTS



STEP 1 ASK

Have you ever had a severe allergic reaction to a vaccine in the past?



IF YES, consult with your health care professional for their recommendation.



STEP 3 COMMUNICATE

There may be side-effects after your vaccination that indicate that your body is building immunity against COVID-19.

These may include:

- Arm soreness
- Mild fever
- Tiredness
- Headaches
- Muscle or joint aches



STEP 5 OBSERVE

Be aware of any severe reactions.



STEP 2 ASSESS

Do you have any of the health or medical conditions listed as precautions?

These may include:

- Pregnancy
- Compromised immune system
- Severe frailty among older persons

People with these conditions are eligible for vaccination, but should be offered information and counselling.



STEP 4 GET YOUR VACCINATION



STEP 6 INFORM

Let your health care provider know of any unexpected or severe reactions.