

## Steps to Take After Your COVID-19 Vaccination

After you receive the COVID-19 vaccine, please take these steps:

- **Remain in your parked car for observation.** People who have had severe allergic reactions to anything will be observed for **30 minutes**. For everyone else, please wait **15 minutes**.
- **Monitor yourself** for symptoms of a reaction while you wait in the car:
  - Feeling that your throat is closing, change in voice, high-pitched sound while breathing, shortness of breath, wheezing, or cough
  - Nausea, vomiting, diarrhea, cramping, or stomach pain
  - Dizziness, fainting, or palpitations
  - Hives, itching, flushing of face, or swelling of lips, face, throat, or tongue
- **If you begin having any of these symptoms, HONK YOUR HORN for assistance.**
- Please share any reactions to the vaccine through [V-SAFE](#). This is a smartphone tool that checks in on you after your COVID-19 vaccination. If you do not have a smartphone, please call (847) 377-8130 to report your reaction to the Lake County Health Department. Please do not call this number to report an emergency.
- **Continue to follow the 3 Ws: wear** a mask, **wash** your hands, and **watch** your distance.

You may expect these symptoms after getting your vaccine:

- Pain, swelling, or redness at the injection site
- Fatigue, headache, joint pain, or muscle aches
- Chills or fever
- Nausea or vomiting

Symptoms usually occur 1-3 days after vaccination and resolve 1-2 days later. If your symptoms get worse, please call your healthcare provider. Or, go to an urgent care/emergency department.

**Pregnant women who experience fever** after vaccination should take acetaminophen (if tolerated) and call their healthcare provider.

**If you have a weakened immune system** (HIV, cancer, on medications that weaken the immune system), please note that the vaccine may be less effective for you.