

COVID-19 Fact Sheet

What to know before, during, and after receiving a COVID-19 vaccine

Now that all Ohioans age 16 and older are [eligible to receive a COVID-19 vaccine](#), preparation is key. Here is how to plan for vaccination, what to expect during your vaccination appointment, and what to expect after vaccination.

Before you get a COVID-19 vaccine

If you [choose to receive the vaccine](#), there are several things you will need to do to prepare.

- **Vaccinate with confidence.** Do your [vaccine research](#) using trusted sources, such as the [Centers for Disease Control and Prevention \(CDC\)](#), your healthcare provider, [local health department](#) or the [Ohio Department of Health \(ODH\)](#) to find [answers to any questions](#) you have.
 - The CDC encourages individuals to get vaccinated with the FDA-authorized COVID-19 vaccine first available to them. The vaccines are all [safe and highly effective](#) at preventing serious COVID-19 illness, hospitalization, and death.
 - Vaccines combined with ongoing prevention, including social distancing and wearing face masks, offer the best protection against COVID-19. Your vaccination contributes to reaching levels for herd immunity, reducing the likelihood of infection in people who don't have immunity.
- **Make sure the vaccine is safe for your medical conditions or history.** Do you have any past history of vaccine allergies? Are you currently experiencing COVID-19 symptoms or under quarantine? Are you allergic to any ingredients in the COVID-19 vaccines or polysorbate? Have you had another immunization in the previous two weeks? These are all [things you should discuss with your healthcare provider](#) before making an appointment for a COVID-19 vaccine. If you are pregnant or breastfeeding, you can receive the vaccine, but it is a good idea to discuss with your healthcare provider first. Read CDC guidance on [who should NOT get a COVID-19 vaccine](#).
- **Determine if you are eligible to receive the vaccine, and find a provider near you.** The Ohio [Vaccine Management Solution \(VMS\)](#) offered by the Ohio Department of Health (ODH) is a new, all-in-one resource for Ohioans to determine [eligibility for the COVID-19 vaccine](#), find providers, schedule vaccine appointments, and receive updates and reminders. The new website is available at [gettheshot.coronavirus.ohio.gov](#). Read [frequently asked questions](#) and view [training resources on our website](#). In addition, view a map of [COVID-19 Vaccine Provider Locations](#) throughout Ohio that have received shipments of COVID-19 vaccines. Search by county or ZIP code to see a list of providers and their contact information.
- **Schedule your appointment.** You will have to make an appointment for many locations. Visit [gettheshot.coronavirus.ohio.gov](#) to schedule your appointment. If appointments are booked, continue to check back frequently. With limited vaccine supply, it will take time to vaccinate all eligible recipients. The State of Ohio is sponsoring [mass vaccination sites and clinics](#) to ensure all Ohioans have access to COVID-19 vaccine as it becomes more widely available. Other locations may offer vaccines on a first-come, first-served basis. These might be walk-in, drive-thru, or walk-thru clinics. Check with your vaccine provider to determine what you will need to bring to your appointment. If you will receive the vaccine during a clinic with no appointment required, read or call to get instructions about eligibility, what to bring, and how the clinic will work to help you prepare before you go. If you need an interpreter, please contact the vaccine provider to see what assistance is available.
- **Schedule an appointment for your teen.** Individuals ages 16 and 17 are now eligible to receive the Pfizer vaccine, which is the only COVID-19 vaccine currently authorized for use for people younger than 18. Currently, no COVID-19 vaccines have been approved for use in children younger than 16. Youth ages 16 and 17 must have consent from and be accompanied by a parent or legal guardian to receive the vaccine. When scheduling using [gettheshot.coronavirus.ohio.gov](#), a parent or legal guardian will be asked to provide consent digitally.

When you get vaccinated

- **Before your appointment.** Eat and drink plenty of water before getting a vaccination. This is especially important for teens because [fainting after any vaccine is more common among adolescents](#) than adults, according to the CDC. Get plenty of rest the night before your appointment if possible. Wear a short-sleeve or sleeveless shirt to allow easy access to the upper arm. If it's a colder day, layer with a cardigan or jacket that is easy to remove quickly.
- **[Protect yourself when you are going to your appointment.](#)** You may have to wait in a line indoors or outdoors, or wait in your car. Be prepared to stay at least 6 feet away from others while waiting. Wear a face mask that covers your nose and mouth and stay 6 feet away from others while inside, in line, or elsewhere.
- **If you have COVID-19 or COVID-19 symptoms or think you might have been exposed to COVID-19,** notify the healthcare provider before your visit and follow instructions. You may need to reschedule after your isolation or quarantine days are over.
- **[Bring identification with you:](#)** The vaccine provider will need identification to verify your identity, name, and age. You do not need to show proof of citizenship or residency status. Your identification will still be accepted if it is expired or from another state or country. You may need additional documentation to show that you are eligible to receive your vaccine (employee ID, paystub, etc.). Check with your provider to confirm what documentation you need for your appointment. Some acceptable forms of identification are listed below:
 - Driver's license or any photo ID, regardless of expiration date or place of origin.
 - Active/retired military ID.
 - Physician statement (including shot records).
 - Census records.
 - Adoption records.
 - Naturalization certificate.
 - Birth certificate: Birth record, either original or certified copy.
 - Consulate ID or matricula consular.
 - Passport or a passport card.
 - Certificate of citizenship.
 - Permanent resident card.
 - Application for replacement naturalization/citizenship document.
 - Department of State forms.
 - Military service records (DD-214)
 - Certification of Birth Abroad of a Citizen of the United States (FS-545)
 - Certification of Report of Birth Abroad of a United States Citizen (DS-1350)
 - Consular Report of Birth Abroad of a Citizen of the United States of America (FS-240)
 - Employment Authorization Document (I-766/EAD)
 - Transportation letter (I-797F)
- **Consent needed for minors:** In addition to showing identification, parent or legal guardian consent is required to receive any vaccine. A parent/legal guardian must accompany the teen to the appointment to provide that consent.
- **What to tell your vaccine provider before you are given the vaccine:** You will be asked a series of questions about allergies and other health conditions to determine any risk factors or conditions you may want to discuss further. Share your history of allergies, if you have a bleeding disorder or are on a blood thinner, if you are immunocompromised or on a medicine that affects your immune system, if you are pregnant or plan to become pregnant, if you are breastfeeding, if you have received another COVID-19 vaccine, or if you have received any vaccine in the previous 14 days. This doesn't mean you cannot get the vaccine, but it is recommended you talk to a healthcare provider beforehand.
- **Injection location:** The COVID-19 vaccine will be administered by an injection into the deltoid muscle of the upper arm. The shot will be given about three finger widths down from your shoulder into the muscle. Wear clothing that will allow easy access to the upper arm.
- **[If you're feeling anxious:](#)** Breathe slowly and deeply before you receive the injection, and think about something relaxing. Avoid looking at the syringe, and relax the arm where you will receive the injection. [Parents can calm their teens' anxieties](#) by reminding them to breathe deeply or distract them by talking to them while they are getting the vaccination.
- **No payment required.** There will be no out-of-pocket costs for vaccine recipients. However, if you have health insurance, you should be prepared to provide that information to the vaccine provider.
- **After your vaccination, you will be monitored for reactions.** All people who receive a COVID-19 vaccine will be monitored on

site for a minimum of 15 minutes for any [possible allergic reactions](#). People who have had severe allergic reactions in the past or who have had any type of immediate allergic reaction to a vaccine or injectable therapy will be monitored for at least 30 minutes after getting the vaccine.

- **Keep your vaccine card and fact sheet.** You should receive a vaccination card or printout that tells you which COVID-19 vaccine you received, the date you received it, and where you received it. Keep this card in a safe place, and bring it with you when you return for your second dose. We recommend you take a picture of it to store on your phone for backup. You should receive a fact sheet that tells you more about the specific COVID-19 vaccine you received. [The FDA website also includes resources in multiple languages.](#)

After you get vaccinated

- **Mild side effects are common.** Many people who have received the vaccine have reported mild side effects. The most common [side effects associated with COVID-19 vaccines](#) are similar to side effects experienced with most vaccines, such as redness, pain or swelling at the site of the injection, muscle or joint pain, fever, chills, tiredness, and headache. These side effects may feel like flu and may even affect your ability to do daily activities, but they should go away in a few days. **These are normal signs your body is building immunity.**
 - **Fainting after getting a shot:** Fainting after any vaccine is more common among adolescents than adults, and is most often associated with the anxiety of receiving a vaccination, according to the CDC. Sitting or lying down when getting a shot and then for about 15 minutes after the shot, can help prevent fainting. If you or your teen are feeling weak, dizzy, lightheaded, or sweaty after vaccination during observation, alert staff on site and lie down for several minutes.
 - **Treat side effects.** If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. To reduce pain and discomfort at the injection site, apply a clean, cool, wet washcloth over the area. Be sure to move and exercise your arm. To reduce discomfort from fever, drink plenty of fluids and dress lightly.
 - **When to call the doctor or seek emergency care:**
 - If your side effects don't go away after a few days or intensify, contact your healthcare provider. Some vaccine side effects are similar to symptoms of COVID-19.
 - Following the observation and after you have left the vaccination site, if you think you might be having a mild allergic reaction, including itching or swelling, report the symptoms to your vaccine provider.
 - **Severe allergic reactions**, such as anaphylaxis, are rare. An allergic reaction is considered severe when it requires treatment with epinephrine or leads to hospitalization. The CDC has learned of a small number of people who have experienced these [adverse events](#) after getting a COVID-19 vaccine and will continue to [monitor the safety](#) of the vaccines.
 - **If you think you are having a severe allergic reaction after leaving the vaccination site and are showing signs of anaphylaxis, including respiratory distress, dizziness, fainting, fast heart rate, hives or swelling of lips, face or throat, seek emergency medical care immediately.**
 - **Report side effects/reactions:** The CDC and the U.S. Food and Drug Administration (FDA) encourage vaccine recipients or providers to report possible reactions (or adverse events) to the [Vaccine Adverse Event Reporting System \(VAERS\)](#). The CDC also has implemented a new smartphone-based tool for vaccine recipients called [v-safe](#). Those who enroll will receive personalized health check-ins using text messages and web surveys. The tool also allows recipients to share with the CDC any side effects they experience after receiving a COVID-19 vaccine. V-safe also offers second-dose reminders.
- **Schedule your second-dose appointment.** The Pfizer vaccine and the Moderna vaccine require two doses. The Johnson & Johnson vaccine requires one dose. Ohioans who receive a two-dose product must receive a second dose of the vaccine from the same manufacturer because they are not interchangeable. If your second appointment wasn't scheduled during your first-dose appointment, make a note on your calendar to schedule an appointment when it is due.
 - If you receive the [Pfizer vaccine](#), the second dose is due 21 days after the first dose.
 - If you receive the [Moderna vaccine](#), the second dose is due 28 days after the first dose.
 - Individuals should not be scheduled to receive the second dose earlier than recommended. However, second doses administered within the grace period are still considered valid. Doses inadvertently administered earlier than the grace

period should not be repeated.

- However, if it is not feasible to adhere to the recommended interval, the second doses of the COVID-19 vaccines may be scheduled for administration up to six weeks (42 days) after the first dose. If the second dose is administered beyond these intervals, there is no need to restart the series.
- **Immunity is not immediate.** It takes time for your body to build protection after any vaccination. An individual is considered fully vaccinated two weeks after the last dose of a COVID-19 vaccine.
- **When it's safe to begin resuming some everyday activities:** Two weeks after the last dose, fully vaccinated individuals can safely take fewer precautions in limited situations. The CDC offers recommendations for safe visits with others outside your household, and what to do after contact with someone who has COVID-19.
 - Fully vaccinated individuals can visit with other fully vaccinated people indoors without wearing masks or staying 6 feet apart.
 - Fully vaccinated individuals can visit with unvaccinated people from one other household indoors without wearing masks or staying 6 feet apart if everyone in the other household is at low risk for severe disease.
 - Fully vaccinated individuals can refrain from quarantine and testing if they do not have symptoms of COVID-19 after contact with someone who has COVID-19.
- **When prevention measures should continue:** CDC recommends that fully vaccinated people continue to take these COVID-19 precautions when in public, when visiting with unvaccinated people from multiple other households, and when around unvaccinated people who are at high risk of getting severely ill from COVID-19.
 - Wear a well-fitted mask that covers the mouth and nose.
 - Stay at least 6 feet from people you do not live with.
 - Avoid medium- and large-sized in-person gatherings.
 - Get tested if experiencing COVID-19 symptoms.
 - Follow guidance issued by individual employers.
 - Follow CDC and health department travel requirements and recommendations.

Together, vaccination and ongoing prevention measures offer the best protection against COVID-19.

Updated March 29, 2021.

For additional information, visit coronavirus.ohio.gov. For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.