

# COVID-19 Vaccine Checklist



**For scheduling information, visit [gettheshot.coronavirus.ohio.gov](https://gettheshot.coronavirus.ohio.gov) or call 1-833-4-ASK-ODH.**

**Pre-vaccine planning for:** \_\_\_\_\_

1. My Vaccine Management Solution (VMS) information at [gettheshot.coronavirus.ohio.gov](https://gettheshot.coronavirus.ohio.gov).

**Username:** \_\_\_\_\_

**Password Hint:** \_\_\_\_\_

2. Make an appointment for vaccine. Put the date and time on your calendar or on your phone.

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**How are you getting there? Discuss your plans with family members.** \_\_\_\_\_

3. Do I need a second dose?  NO  YES, my second dose is scheduled for: **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

## Getting the vaccination

1. Make sure you are feeling healthy the day you are scheduled to be vaccinated. If not, contact the provider for direction or reschedule your appointment.
2. Wear a mask and practice social distancing.
3. Take personal identification. Providers will need to verify your identity, name, and age. You do not need to show proof of citizenship or residency status, and many forms of ID are accepted. This information will not be shared with non-healthcare agencies and should only be asked for at the vaccination site.
4. Head to vaccination location provided. Allow extra time for traffic and weather.
5. There is no out-of-pocket cost to be vaccinated whether you have insurance or not. If you do have insurance, you may be asked for insurance information.

## What to expect after you receive the vaccination?

1. Make sure you complete the vaccination process, which could be one or two doses. If a second dose is needed, the vaccination process must be completed to provide you with full protection.
2. There are known mild side effects that you may feel. They include soreness or redness at the injection site. Other common side effects are fever, chills, headache, tiredness, and muscle or joint pain.
  - Call the provider if your side effects are worrying you or do not seem to be going away after a few days.
  - If you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911.
3. Take steps to keep away from germs. Do this even after you have had the vaccine. Everyone needs to do their part to stop the virus from spreading.
  - Cover your mouth and nose with a mask when you are around other people.
  - Wash your hands often.
  - Make sure you have at least 6 feet of space between you and other people whenever you can.
  - See people outdoors instead of indoors.
  - Do not go to places with large crowds.

## Reminders

- The vaccine is available at NO COST to you.
- Dress for the weather.
- Go to the bathroom at home before your appointment.
- Take a seat or a walker with a seat, if needed to your appointment.
- Stay hydrated.
- Follow directions for arrival time. Some providers may ask you not to arrive early to maintain social distancing with other Ohioans being vaccinated.
- Expect to wait 15-30 minutes after your shot is administered.
- Side effects are mild and are normal signs that your body is building protection. Side effects, like soreness or redness at the injection site, muscle or joint pain, fever, and chills, should go away in a few days.
- Call 1-833-4-ASK-ODH (1-833-427-5634) or your local Area Agency on Aging (1-866-243-5678) if you don't have access to the internet.