

WHAT TO KNOW AFTER RECEIVING A COVID-19 VACCINE

COVID-19 VACCINE
EDUCATION *and*
EQUITY PROJECT

How do you know when you are fully vaccinated and have immunity?

- According to the Centers for Disease Control and Prevention (CDC), you are considered “fully vaccinated” or have immunity:
 - 2 weeks after you receive the second shot of a *two-dose vaccine series* (such as the Pfizer or Moderna vaccine), or
 - 2 weeks after you receive a shot of a *single-dose vaccine* (such as Johnson & Johnson’s vaccine)
- It typically takes this amount of time for the body to build protection, or immunity in the form of antibodies, against the virus that causes COVID-19.
- Researchers continue to study and learn more about how long each vaccine will protect against COVID-19.



Sources: [CDC - When You've Been Fully Vaccinated](#) (Updated 4/2/21) | [CDC - Key Things to Know About COVID-19 Vaccines](#) (Updated 4/19/21)



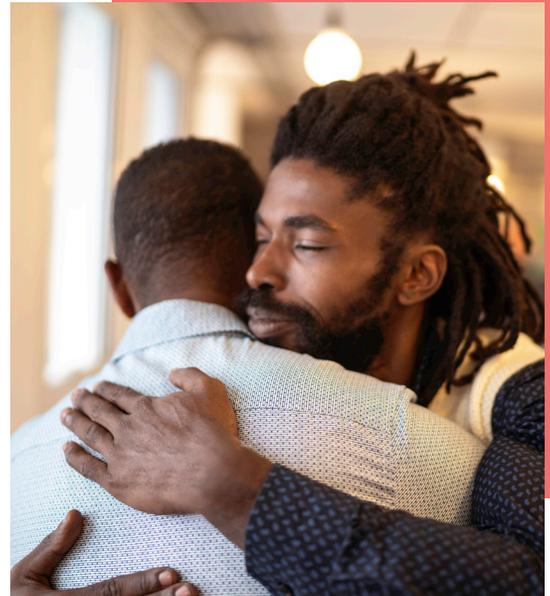
The CDC guidance has not changed for unvaccinated individuals – until fully vaccinated, you should continue wearing a well-fitted mask and maintaining 6 feet of social distance.

Sources: [CDC - Interim Public Health Recommendations for Fully Vaccinated People](#) (Updated 5/13/21) | [CDC - When You've Been Fully Vaccinated](#) (Updated 5/13/21)

What activities can I do now that I have been vaccinated that I couldn't do before? Are there activities I should continue to avoid?

- Fully vaccinated people can:
 - Resume activities without wearing masks or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules and regulations, including local business and workplace guidance
 - Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel
 - Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States
 - Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings
 - Refrain from quarantine following a known exposure if asymptomatic

- For now, if you've been fully vaccinated:
 - You will still need to follow guidance at your workplace and local businesses.
 - When traveling, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations.
 - Fully vaccinated international travelers arriving in the United States are still required to get tested within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
 - You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
 - People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.
 - Fully vaccinated people should also continue to wear a well-fitted mask in correctional facilities and homeless shelters.



Who can I spend time with once I've been fully vaccinated?

- It is safe for fully vaccinated people to:
 - Walk, run, wheelchair roll, or bike outdoors with members of your household
 - Attend a small, outdoor gathering with fully vaccinated and unvaccinated people
 - Dine at an outdoor restaurant with friends from multiple households
 - Attend a crowded, outdoor event, like a live performance, parade, or sports event
 - Visit a barber or hair salon
 - Go to an uncrowded, indoor shopping center or museum
 - Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households
 - Go to an indoor movie theater
 - Attend a full-capacity worship service
 - Sing in an indoor chorus
 - Eat at an indoor restaurant or bar
 - Participate in an indoor, high intensity exercise class

Source: [CDC - Choosing Safer Activities](#) (Updated 5/13/21)



Can I still get COVID-19 if I've been vaccinated?

- COVID-19 vaccines “teach” the immune system how to recognize and fight the virus that causes COVID-19. While uncommon, it is possible to contract COVID-19 right before or right after vaccination, before the vaccine has enough time to provide complete protection. These cases are rare and getting the vaccine will help keep you from getting seriously ill if you do get COVID-19.

Sources: [CDC - Morbidity and Mortality Weekly Report \(Updated 4/2/21\)](#)

Does the vaccine impact COVID-19 test results?

- No, none of the vaccines currently authorized for use in the United States can cause you to test positive on viral COVID-19 tests, which are used to see if you have a current infection. There is a possibility that you could test positive on a COVID-19 antibody test – if your body develops antibodies and an immune response – which is the goal of vaccination, and/or could mean that you had a previous infection.

Sources: [CDC - Myths and Facts about COVID-19 Vaccines \(Updated 4/15/21\)](#)

How long will the vaccine last?

- COVID-19 vaccines are effective at keeping you from getting COVID-19, but there’s still a lot to learn about how long vaccination protection lasts. The latest clinical trial data suggest that vaccines from Pfizer and Moderna remain effective six months after the second dose.
- Studies are ongoing and will continue to monitor immune responses beyond six months. Additional research is being done to explore whether a booster dose can extend the vaccines’ protection and their effectiveness against variants of the virus.
- Researchers will continue to study and learn more about how long vaccines protect against COVID-19 and the effectiveness of each vaccine against variants. In the meantime, even after you’ve been fully vaccinated, you should continue to take precautions to protect yourself and others, such as following CDC recommendations to wear a well-fitted mask and practice physical distancing in public.

Sources: [New England Journal of Medicine \(4/6/21\)](#) | [Phase 3 Clinical Trial Data - Pfizer/BioNTech](#); [CDC - Morbidity and Mortality Weekly Report \(Updated 4/2/21\)](#)



What side effects can I expect after receiving a COVID-19 vaccine?

- The most common side effect of the vaccines is mild injection site pain, including redness or swelling, but you might also experience fatigue, fever, headache, muscle pain, chills, or nausea. All of these are normal signs that your body is building antibodies as protection against the virus and usually go away within a day or two.
- If you are receiving one of the two-shot vaccines, the side effects after the second shot may be more intense than what you experienced with the first. This is because your immune cells are programmed to respond faster and more forcefully when they encounter an invader for a second time – this is true whether you're experiencing a natural infection or antigens from a vaccine. It is a normal sign that your body is building up protection against the virus.
- It's important to note that many people have no side effects at all, but a lack of side effects does not mean the vaccine isn't working.

Sources: [CDC - Possible Side Effects After Getting a COVID-19 Vaccine](#) (Updated 3/16/21)



What can I do to treat possible side effects from the vaccines? Is there anything I should, or should not, do?

- To reduce any pain or discomfort at the injection site, apply a cool, damp cloth over the area and move or exercise your arm.
- You can take over-the-counter medications such as ibuprofen, acetaminophen, aspirin, or antihistamines as needed for side effects, but these medicines are not recommended *before* receiving your vaccine.
- If you have other medical conditions, talk to your doctor before taking medications to treat any side effects you may experience from the vaccine.

Sources: [CDC - Possible Side Effects After Getting a COVID-19 Vaccine](#) (Updated 3/16/21)



Can I take other vaccines (flu shot, pneumococcal vaccine, etc.) at the same time as a COVID-19 vaccine?

- COVID-19 vaccines and other vaccines may now be administered without regard to timing. In other words, an individual can be given a COVID-19 vaccine and another vaccine (for example, flu, tetanus, measles) on the same day, and coadministration within 14 days.

Sources: [CDC - Interim Clinical Considerations for Use of COVID-19 Vaccines Currently Authorized in the United States](#) (Updated 5/14/21)



If I have been vaccinated and later develop COVID-19 symptoms, do I still need to get tested?

- Yes, while the risk that fully vaccinated people could become infected with COVID-19 is low, any fully vaccinated person who experiences symptoms consistent with COVID-19 should isolate themselves from others, be clinically evaluated for COVID-19, and tested.

Sources: [CDC - Interim Public Health Recommendations for Fully Vaccinated People \(Updated 4/2/21\)](#) | [CDC - Symptoms of COVID-19 \(Updated 2/22/21\)](#) | [CDC - Isolate If You're Sick \(Updated 2/18/21\)](#)

Do I need to keep my vaccine card?

- You should be given a card at your vaccination appointment that tells you which vaccine you received, its lot number, the date and the vaccination site. If you need a second dose, referencing the card is a quick way for providers to make sure you're getting the right shot at the right time. The card should then be updated with details about your second shot.
- If you are not given a card, make sure to ask for one before leaving. For those who do not receive a card, the CDC recommends contacting your vaccination site or state health department to find out how you can get one.
- Keep this card in a safe place as it's a personal record of your COVID-19 vaccination and can save you from having to request a copy. Your card also has personal information including your name and birthdate, so it's important not to share those identifying details in pictures of your card on social media.

Sources: [CDC - Getting Your COVID-19 Vaccine \(Updated 4/8/21\)](#) | Kelly Moore, deputy director of the [Immunization Action Coalition](#) in April 17, 2021 [Washington Post](#) article

Who is currently eligible to receive a vaccine?

- In the United States, three vaccines to prevent COVID-19 have been approved for people 18 years of age and older - Pfizer BioNTech, Moderna, and Johnson & Johnson.
- Additionally, FDA has authorized the use of the Pfizer-BioNTech COVID-19 Vaccine in individuals 12 years of age and older.

Sources: [CDC - Interim Clinical Considerations for Use of COVID-19 Vaccines Currently Authorized in the United States \(Updated 5/14/21\)](#)

