



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

INFORMATION SHEET

Moderna COVID-19 Vaccine After Care

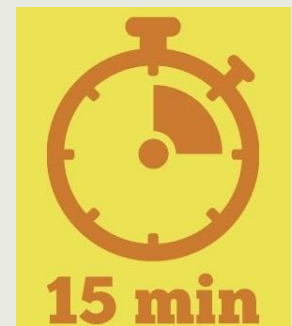
August 31, 2021

What to expect after getting your needle

You will need to wait for at least 15 minutes. This is to make sure you are feeling well before you leave. Some people will need to wait for 30 minutes if there is a concern about allergies. If you use an EpiPen, make sure you always have it close by.

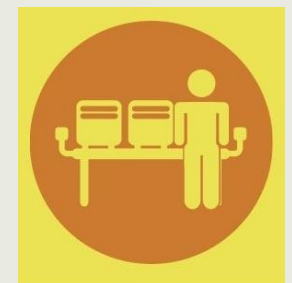
Tell a team member if you are not feeling well. The staff are trained and ready to help you if:

- You are itchy
- You have swelling in your face, tongue, or throat
- You are having trouble breathing



Stay safe while you wait

- Wear a mask.
- Keep your distance. Stay at least 2 metres (6 feet) from others.
- Use hand-sanitizer to clean your hands when you leave the clinic.



Keep on using these public health measures to help stop the spread of COVID-19.

What to expect in the next few days

Some people have side effects. The most common side effect is soreness, redness or swelling on your arm where you got your needle. A few people might feel tired. A few people may have body pain, headache, or low fever. Some people have nausea and vomiting. Some people have swollen glands in their armpit on the same side.



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If you have pain or fever, ask your nurse about taking Tylenol or Advil. These side effects do not last long and go away after a few days.

When to call for help

Call for medical help right away if you have hives (itchy rash), swelling, trouble breathing, are very pale or very sleepy. You should also call for help if you have a high fever over 40°C, have “pins and needles”, or seizures.

If you have any concerns or questions reach out to your community health team.

Things to remember

Ideally, your second dose of the Moderna vaccine is due 28 days after the first dose. Book your next appointment today before you go. Do not have any other vaccines until at least 4 weeks after your second dose unless you need urgent treatment to prevent illness.



As your community health nurse if you are eligible for a third dose. This will be a boost of extra protection against COVID-19 and the variants.

If you need proof of your immunization, contact the Immunization Repository at the Sioux Lookout First Nations Health Authority at 807-737-5196 or go online to download a digital receipt from Public Health Ontario:
<https://covid19.ontariohealth.ca/>

For more information, write to us at: ACWInfo@slfnha.com