



Sioux Lookout  
First Nations  
Health Authority

# CORONAVIRUS COVID-19

## INFORMATION SHEET

### Moderna Spikevax COVID-19 Vaccine After Care

July 15, 2022

#### 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 good-fitting face 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 effects are soreness, redness, and swelling on your arm where you got your needle. A few people might feel tired. A few people may have body pain, headache, or a low fever. Some people have nausea and vomiting. Some people have swollen glands in their armpit on the same side.

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.



Sioux Lookout  
First Nations  
Health Authority

# CORONAVIRUS COVID-19

## INFORMATION SHEET

### When to call for help

Call for medical help right away if:

- You have hives (itchy rash) or swelling
- You have trouble breathing, or
- You 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 questions or concerns reach out to your community health team.



### Your next dose

Your second dose of the Moderna vaccine is given at least 28 days after the first dose. Book your appointment as soon as you can.



If there are other vaccinations that you need around the same time, like a flu shot, speak with your healthcare provider.

People 12 years and older are eligible for a third dose of the vaccine. This will give a boost of extra protection against COVID-19 and the variants. Third doses are given at least 84 days after the second dose.

It is recommended all adults aged 18-59 who had a third shot at least five months ago (or three months since a COVID-19 infection) receive a fourth dose.

To get your proof of vaccination, contact the Immunization Repository at the Sioux Lookout First Nations Health Authority at 807-737-5196 or go online to download your enhanced vaccine certificate from Public Health Ontario:

<https://covid19.ontariohealth.ca/>

Even after vaccination, keep on using all of the public health measures to help stop the spread of COVID-19. For more information, write to us at: [ACWinfo@slfnha.com](mailto:ACWinfo@slfnha.com)