Just had the COVID-19 vaccine?
Well done and thank you for protecting yourself!

Side effects are common. Here's what to look out for.

Arm is sore or red at the injection site

Fever/chills

Headache

Fatigue

Muscle aches

Nausea

- Side effects can start around 6 hours after the vaccine, peak at 24 hours and resolve in 2-3 days.
- If you need to, treat pain and fever with paracetamol.
- Side effects may be more noticeable if you are young, healthy or had COVID-19 before.

These side effects show your body is mounting an immune response. The technical term for this is 'reactogenicity'. No side effects does not mean your body is not mounting an immune response.

Allergy is rare
Perhaps you will have a mild allergic reaction like a rash that gets better by itself. Severe allergic reactions are extremely rare.

Contact the Sisonke Safety Desk if:

- You have any concerns or questions about Sisonke programme or the vaccine.
- You develop an allergic reaction, even if mild.
- Vaccine side effects get worse or do not resolve after 3 days.
- You test positive for COVID-19.
- You are admitted to hospital for any reason.
- You become pregnant within 3 months of receiving the vaccine.
- You need a COVID-19 antibody test.
- You participate in another study.

Sisonke Safety Desk
0800 014 956
or
www.sisonke.samrc.ac.za

You might still get COVID-19. Here's why.

- You cannot catch COVID-19 from the vaccine as there is no live coronavirus in it.
- It is still possible to get COVID-19 as no vaccine is 100% effective.
- You might have caught COVID-19 before being vaccinated (it can take up to 14 days before COVID-19 symptoms start).
- You might catch it within the first 2 weeks after being vaccinated while your immune system is being trained up to fight COVID-19.

COVID-19 Public Hotline
0800 029 999

Don't confuse vaccine side effects with COVID-19 symptoms!

- If your fever lasts more than 2 days or you develop a continuous cough, sore throat, or changes in your ability to taste or smell after your vaccination, you may have COVID-19.
- Isolate yourself and arrange to get a COVID test. Contact your healthcare provider, COVID-19 hotline or Safety Desk.

Even if you do get COVID-19, you are very unlikely to get severely ill or die from COVID-19.

We still don't know if the vaccine will stop the spread. Don't forget COVID-19 prevention!

- Wear a mask in public.
- Keep apart from others outside your home as much as possible.
- Avoid crowds and confined spaces – have small gatherings outside.
- As a healthcare worker, continue to wear standard PPE at work.

1–2m
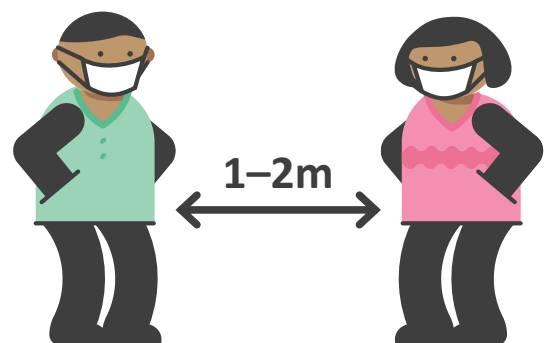
We are not safe until we are all safe.