After getting a COVID-19 vaccine, you might have side effects. This often means the vaccine is working to keep your body healthy. If you feel okay going about your day, that’s okay too! The vaccine is still working, even if you don’t have side effects.

### Side effects

- **Sore arm**
- **Tiredness**
- **Headache**
- **Fever or Chills (less common)**
- **Muscle aches or soreness**
- **Trouble breathing**

### What to do about it?

- **Move your arm!**
  - Apply an ice pack.
- **Rest when needed.**
- **Take it easy, take pain reliever.**
  - If fever is 102° or higher, call a doctor for advice.
- **Take a pain reliever if needed.**
  - You can also use a heat pack or ice pack.
- **Call 911 for help.**

Most of these side effects should go away in a few days.

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**Document accessibility:** For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us.

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