

## 接種 COVID-19 疫苗後

# 該怎麼辦



### 慶賀身體產生抵抗力

祝賀自己接種了 COVID-19 疫苗！接下來幾天，也許會出現一些副作用，但這是身體產生抵抗力的正常現象。

最常見的副作用為發燒、畏寒、疲倦或頭痛。接種疫苗時施打的手臂也可能會感覺疼痛、發紅或腫脹。請記住，即使沒有出現副作用，身體仍會產生預防 COVID-19 的抵抗力。

### 減輕疼痛或不適狀況

副作用雖然會讓人不適，但是並無危險。如果感覺不適：

- 如果沒有其他醫療原因而要求您不能正常服用非處方藥，請考慮服用消炎止痛藥、複方止痛藥（泰諾止痛藥）、阿司匹靈或抗組織胺等非處方藥來緩解任何疼痛和不適
- 在接種部位敷上乾淨涼爽的濕毛巾
- 讓手臂多活動或運動
- 飲用大量水分
- 請穿著寬鬆衣服

如果幾天後副作用還令人擔心或似乎沒有減輕的跡象，請聯絡醫生。如果認為自己的反應很嚴重，請撥打 911。

### 如有需要，請接種第二劑

如接種 Johnson & Johnson 疫苗，不必施打第二劑。

- 請在接種 Pfizer-BioNTech 第一劑疫苗 3 週（或 21 天）後接種第二劑
- 請在接種 Moderna 第一劑疫苗 1 個月（或 28 天）後接種第二劑

請盡可能在接近以上建議天數時接種第二劑疫苗。如果必須稍晚點施打也沒關係，疫苗仍然有效。但請勿提前施打。施打第二劑時，不得換用另一品牌的疫苗。

### 使用 V-SAFE 保持聯絡

註冊 CDC 提供的 v-safe 智慧型手機應用程式，登入查看自身疫苗體驗狀況。請在 [vsafe.cdc.gov](https://vsafe.cdc.gov) 線上註冊。

### 繼續遵守公共衛生準則

與他人保持 6 英尺的距離

- 佩戴口罩
- 避開人群和避免群聚
- 勤洗手
- 若感覺生病，請待在家中

# WHAT YOU CAN EXPECT AFTER

## GETTING A COVID-19 VACCINE



### CELEBRATE YOUR BODY BUILDING PROTECTION

Congratulate yourself on getting your COVID-19 vaccine! You might have some side effects over the next few days – this is a normal sign that your body is building protection.

The most common side effects are fever, chills, tiredness, or headache. You may also have some pain, redness or swelling where you got the shot in your arm. Know that even if you have no side effects, your body is still building protection against COVID-19.

### REDUCE PAIN OR DISCOMFORT

The side effects may be unpleasant, but they are not dangerous. If you aren't feeling well:

- Consider taking over-the-counter medicine like ibuprofen, acetaminophen (tylenol), aspirin, or antihistamines for any pain and discomfort if you have no other medical reasons that prevent you from normally taking these medicines
- Apply a clean, cool, wet washcloth over the area where you got the shot
- Use or exercise your arm
- Drink plenty of fluids
- Wear loose clothing

**If your side effects are worrying you or do not seem to be going away after a few days, contact your doctor.** If you think you are having a severe reaction, call 911.

### IF NEEDED, GET YOUR SECOND DOSE

If you get the Johnson & Johnson vaccine, you don't need to do anything else.

- You should get your second Pfizer-BioNTech shot 3 weeks (or 21 days) after your first shot
- You should get the Moderna shot 1 month (or 28 days) after your first shot

You should get your second shot as close to the time periods recommended above as possible. If you have to get it a little later than these times, it will still be effective. But don't get it any sooner than these times. Do not switch to a new brand of vaccine for the second shot.

### STAY CONNECTED WITH V-SAFE

Register for v-safe - a smartphone based tool from the CDC that checks in on your experience with the vaccine. Sign up at [vsafe.cdc.gov](https://vsafe.cdc.gov).

### KEEP FOLLOWING PUBLIC HEALTH GUIDELINES

Stay 6ft apart from others.

- Wear a face covering
- Avoid crowds and gatherings
- Wash your hands often
- Stay home if feeling sick