

準備好接種

COVID-19 疫苗



接種疫苗之前

- 請與醫生約診或造訪 chicago.gov/COVIDvax 查詢其他疫苗接種選擇
- 閱讀您的預約確認電子郵件，檢查所需文件及其他要求的詳細資訊
- 深入瞭解疫苗詳情，並看看施打疫苗對您本人、親人及社區有何幫助
- 清楚自己的過敏史，如有疑慮，請諮詢醫生

接種疫苗當天

- 接種疫苗之前，請勿服用任何止痛藥
- 進入建築物和排隊時，請佩戴口罩，並與他人保持 6 英尺的社交距離
- 保管好疫苗接種卡或紙本文件，方便知道接種疫苗的名稱、時間及地點
- 閱讀 COVID-19 疫苗的基本資料
- 請待在現場 15 分鐘（或如果您有嚴重過敏史，則請待 30 分鐘），方便讓醫療團隊確認您是否出現任何過敏反應
- 如果您接種 Pfizer-BioNTech 或 Moderna 疫苗，請預約第二劑接種時間，如果時間允許，通常是接種第一劑疫苗 3 週或 1 個月後（如果接種 Johnson & Johnson 疫苗，則無需預約第二劑！）

接種疫苗之後

- 做好出現疫苗副作用的心理準備，例如疲倦、頭痛或發燒。此類副作用都是身體產生抵抗力的正常現象，在 1 至 3 天後，就會開始好轉。
- 註冊 CDC 提供的 v-safe 智慧型手機應用程式，登入查看並追蹤自身疫苗體驗狀況。請在 vsafe.cdc.gov 線上註冊。

GETTING READY

FOR YOUR

COVID-19 VACCINE



BEFORE YOU GET THE VACCINE

- **Make your appointment** with your doctor or find additional vaccine options at chicago.gov/COVIDvax
- **Review your appointment confirmation email** for details for needed documentation and other requirements
- **Learn more about the vaccine** and how getting it helps you, your loved ones, and community
- **Know your allergy history** and talk to your doctor if you have concerns

THE DAY YOU GET THE VACCINE

- **Do not take any pain medicine** before your shot
- **Wear a mask and stay 6 feet away** from others while in any buildings and in lines
- **Save the vaccination card or printout** that tells you which vaccine you got, when you got it, and where you got it
- **Read the fact sheet** you get about your COVID-19 vaccine
- **Stay at the site for 15 minutes (or 30 minutes if you have a history of serious allergies)** so that the medical team can make sure you have no reactions
- **Make your appointment for your second shot if you got the Pfizer-BioNTech or Moderna vaccine**, usually 3-weeks or 1-month after the first shot if possible (If you got the Johnson & Johnson vaccine, you don't need to do anything else!)

AFTER YOU GET THE VACCINE

- **Be prepared for some side effects** from the vaccine like feeling tired, having a headache, or getting a fever. These side effects are normal signs that your body is building protection, and you should start to feel better after 1-3 days.
- **Register for v-safe** - a smartphone based tool from the CDC that checks in and helps track your experience with the vaccine. Sign up at vsafe.cdc.gov.