**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.

<table>
<thead>
<tr>
<th>Arm is sore or red at the injection site</th>
<th>Fever/chills</th>
<th>Headache</th>
<th>Fatigue</th>
<th>Muscle aches</th>
<th>Nausea</th>
</tr>
</thead>
</table>

- 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.

**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.

**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.

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

- 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.

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.

We are not safe until we are all safe.