

COVID-19 vaccine: After your vaccination

Like all medicines, the vaccine may cause side effects in some people. This is the body's normal response and shows the vaccine is working.

What you may feel	What can help	When this could start
Pain at the injection site, a headache and feeling tired and fatigued. These are the most commonly reported side effects.	Place a cold, wet cloth, or ice pack on the injection site for a short time. Do not rub or massage the injection site.	Within 6 to 24 hours
Muscle aches, feeling generally unwell, chills, fever, joint pain and nausea may also occur.	Rest and drink plenty of fluids. Paracetamol or ibuprofen can be taken, follow the manufacturer's instructions. Seek advice from your health professional if your symptoms worsen.	Within 6 to 48 hours

Side effects are usually mild, don't last long and won't stop you from having the second dose or going about your daily life.

Side effects may be more common after your second dose of the vaccine.

There are some side effects that are more serious but very rare, like a severe allergic reaction or an inflammation of the heart. If you develop difficulty breathing, a racing heart, chest pain or feel faint immediately or in the days after the vaccine, you should seek medical attention.

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Allergic reactions

Serious allergic reactions can occur but are extremely rare. New Zealand vaccinators are trained to manage these.

Some side effects may temporarily affect the ability to drive or use machinery. In the unlikely event this happens, please discuss it with your employer.

If you experience symptoms that could be COVID-19 related, such as a new cough, a high temperature/fever, or a loss of or change in your normal sense of taste or smell, stay home and get a COVID-19 test.

If you have an unexpected reaction to your COVID-19 vaccination, your vaccinator or health professional should report it to the Centre for Adverse Reactions Monitoring (CARM).

You can also report any unexpected reactions by using their online reporting form on the CARM website: report.vaccine.covid19.govt.nz.

If you are unsure about your symptoms or they get worse, talk to your GP or call Healthline on **0800 358 5453**.

If you have an immediate concern about your safety, call **111** and make sure you tell them you've had a COVID-19 vaccination so that they can assess you properly.

Vaccines help protect people of all ages against other infectious diseases too, like measles and flu.

Check that you and your whānau are up to date with your vaccinations by talking with your health provider.

Visit health.govt.nz/immunisation for more information.

You need to wait two weeks or more after your second dose of the COVID-19 vaccine before getting any other vaccines.