

## After your COVID-19 vaccination

### About the vaccine

Today you have received **COVID-19 Vaccine AstraZeneca**. This vaccine can prevent people from becoming ill from COVID-19. COVID-19 Vaccine AstraZeneca does not contain any live SARS-CoV-2 virus (the virus that causes COVID-19), and it cannot give you COVID-19. It contains the genetic code for an important part of the SARS-CoV-2 virus called the spike protein that is carried into your cells by a harmless common cold 'carrier' virus (an adenovirus). Your body then makes the spike protein and uses it to learn to recognise and fight against the SARS-CoV-2 virus. The adenovirus has been modified so that it cannot replicate once it is inside cells. This means it cannot spread to other cells and cause infection.

### What to expect after vaccination

As with any vaccine, you may have some side effects after receiving a COVID-19 vaccine.

**Common side effects** after COVID-19 Vaccine AstraZeneca include:

- pain, swelling, tenderness, redness or itching at the injection site
- tiredness
- headache
- muscle pain
- nausea
- chills
- fever
- feeling unwell
- joint pain

**Less common side effects** after COVID-19 Vaccine AstraZeneca include:

- enlarged lymph nodes
- pain in limb
- dizziness
- decreased appetite
- stomach pain

These side effects are usually mild and usually go away within one or two days. If you experience pain at the injection site or fever, headaches or body aches after vaccination, you can take paracetamol or ibuprofen. These help to reduce some of the above symptoms. You do not need to take paracetamol or ibuprofen before vaccination. If there is swelling at the injection site, you can use a cold compress.

**Rare side effects** that have been reported after COVID-19 Vaccine AstraZeneca are:

- severe allergic reaction (anaphylaxis)

You should seek medical attention after vaccination if:

- you think you are having an allergic reaction. Call 000 if you experience severe symptoms, such as difficulty breathing, wheezing, a fast heartbeat or collapsing
- you are worried about a potential side effect or have new or unexpected symptoms
- you have an expected side effect of the vaccine which has not gone away after a few days.

For symptoms which are not urgent, you can see your regular healthcare provider (usually your GP).

## Vaccine safety monitoring and reporting side effects

You can report suspected side effects to your vaccination provider or other healthcare professional. They will then make a formal report on your behalf to your state or territory health department or directly to the Therapeutic Goods Administration (TGA).

If you would prefer to report it yourself, please visit the reporting suspected side effects associated with a COVID-19 vaccine webpage on the TGA website and follow the directions on the page.

## COVID-19 testing after vaccination

Some side effects from COVID-19 vaccination might be similar to symptoms of COVID-19 (e.g. fever). However, COVID-19 Vaccine AstraZeneca does not contain any live SARS-CoV-2 virus and cannot cause COVID-19. You may not need to get a COVID-19 test or isolate:

- if you develop general symptoms like fever, headache or tiredness in the first two days after vaccination, and
- if you are sure that you don't have any respiratory symptoms (e.g. runny nose, cough, sore throat, loss of smell or loss of taste).

However, you should check the current guidelines in your state/territory for the most up-to-date information. This advice may change in the event of a COVID-19 outbreak in your local area. You may still need to get a COVID-19 test if you meet other criteria, for example if you are a close contact of a known COVID-19 case. If in doubt, seek medical assessment.

## Remember your second appointment

It takes time for your body to build protection after any vaccination. It is important that you receive two doses of COVID-19 Vaccine AstraZeneca, about 12 weeks apart. The second dose is likely to prolong the duration of protection against COVID-19.

## How is the information you provide at your appointment used

For information on how your personal details are collected, stored and used visit: <https://www.health.gov.au/using-our-websites/privacy/privacy-notice-for-covid-19-vaccinations>

### Helpful tips to remember

If you have pain or discomfort after getting your vaccine, take paracetamol or ibuprofen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area; or some well-covered ice
- Avoid overuse or exercise of that arm

To reduce discomfort from fever:

- Drink plenty of fluids
- Dress lightly

In most cases, discomfort from fever or pain is normal. Contact your doctor:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days.