

Four Things to Keep Top of Mind After Receiving the COVID-19 Vaccine



The first shipments of the COVID-19 vaccines are arriving at Trinity Health ministries across the country and while getting vaccinated is voluntary, front-line colleagues are stepping up to receive theirs to protect themselves and others.

Once you've received the first dose of the COVID-19 vaccine, there are a few things you should keep in mind in the days and weeks following.

1

Remember to go for your second dose

The Pfizer-BioNTech vaccine requires two doses, 21 days apart and the Moderna vaccine also requires two doses, but four weeks apart. The same vaccine brand must be used for both doses. You will receive an appointment card after your first injection - bring it with you for your second one.

2

Continue to practice the three "W's" of COVID-19

Be sure to continue to Wear a mask, Wash your hands and Watch your distance, even after you get the vaccine. After vaccination, immunity takes some time to develop - at least one to two weeks after last the second dose. While we are in the next four to five months of this historic vaccination effort, it is important for everyone to continue covering your mouth and nose with a mask, washing hands often, avoiding crowds, and staying at least 6 feet away from others.

3

Watch for mild side effects

The most common side effects are pain/redness at the injection side, headache, fatigue, muscle/joint aches and low-grade fever. Most side effects last less than 24 hours and those ages 55 and older reported fewer side effects. Side effects are more prominent after the second dose of the vaccine.

Did you know you can sign up for a monitoring system from the CDC called VSafe? If you voluntarily enroll you will get a daily text message for the first week to check in with any symptoms you might be experiencing. After the first week you will get a weekly text for five weeks. If you think you are having concerning side effects, call your doctor, call 911 or go to the nearest hospital.

4

Be a health care leader in your community

As health care professionals, we have the responsibility to continue to be leaders in our communities. Please encourage everyone to get educated about the vaccine's safety and efficacy by directing them to the Trinity Health [information page](#) and to the [Centers for Disease Control and Prevention \(CDC\)](#) and state vaccine information pages. Trinity Health plans to begin vaccinating in the community as soon as enough doses are available.

To learn more about the COVID-19 vaccine, please read the [COVID-19 Frequently Asked Questions](#) for colleagues or visit the [Centers for Disease Control and Prevention \(CDC\) website](#).