What to expect with your COVID-19 Vaccine

Before | During | After

**Before**

- **Find a nearby COVID-19 vaccine** by checking local providers like pharmacies, clinics, or your doctor's office, or by visiting Vaccines.gov and entering your zip code.
- **Get free vaccines from BRIDGE ACCESS program** participating healthcare centers.

**During**

- For vaccine appointments or transportation help, contact DIAL: The Disability Information and Assistance Line at 888.677.1199, email DIAL@usaginganddisability.org, or visit dial.acl.gov to connect with a specialist online.

**After**

- When you arrive to receive your COVID-19 vaccine, you might need to show your ID and insurance card.
- No need for citizenship or residency proof.

- To protect yourself and others, it is recommended that you wear a mask that covers your mouth and nose.
  - Wear a t-shirt, the shot will be in your upper arm.

- Bring anything that may help ease anxiety like a fidget toy, comfort item, preferred video, communication tool, etc.

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• **Know the clinic rules for arrival** (will you call from the car, wait in the car, wait in the waiting room, etc.)

• The vaccinator will use a wet pad to **clean your arm**.

• Then **the shot will be administered** on your upper arm.

• You will receive a bandage.

• Before you leave, you may be asked to **wait for 15-20 minutes** for observation.

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• You may feel tired, feverish, or have pain in your arm.
• These are normal symptoms that will go away soon.

• Reduce the pain and discomfort where you got the shot by using or exercising your arm
• Drink water and get enough rest to help your body recover.

If you experience any of these feelings, call your healthcare provider:
• Difficulty breathing
• Swelling of face or throat
• Fast heartbeat
• Dizziness and weakness

• Immunocompromised individuals may need extra COVID-19 vaccine doses 2+ months after the last one. Ask your healthcare provider for details.

• Your body is stronger, and your community is safer.

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