

IMPORTANT NOTES FOR AFTER RECEIVING YOUR COVID-19 VACCINE SHOT

For a period of at least 15 minutes* after receiving your shot please remain at the venue and monitor your condition.



※For those who have experienced severe allergic reactions in the past, a period of at least 30 minutes is advised.

※If you drove to the venue, we recommend taking extra precautions and waiting 30 minutes as well.

Please continue to adhere to virus prevention measures as you wait.

(This includes: Wearing a mask, social distancing, and avoiding engaging in conversation with others.)

WARNING!

If you experience any of the following symptoms while waiting, you may be experiencing anaphylaxis (a severe allergic reaction that occurs rapidly in a short time after vaccination).

⇒ **Immediately notify the staff in the waiting room of your condition.**



●Hives, itchiness
redness



●Breathing
difficulties, coughing,
sneezing, runny nose



●Stomach pain,
vomiting



●Drop in blood
Pressure, fainting

Side effects may occur after vaccination

Side effects are a good sign that immunity is properly developing and your body is preparing to fight pathogens.

Symptoms	Percent of cases
Pain at point of injection, listlessness, headache	50% or more
Muscle pain, chills, joint pain, diarrhea, fever, swelling at point of injection	10~50%
Nausea, vomiting	1~10%

※The following symptoms are temporary and generally only last a few days.

Advise from Doctors and Nurses who have already been vaccinated

I was worried at first but . . .

The night of, I was very sore and couldn't raise my shoulder or turn over in bed.



doing these things helped !

Avoid carrying heavy things and if its too painful take some pain medicine.



The day after, my whole body ached and I felt sluggish.



Don't push yourself and rest well, if needed take off from work.

The next day I had a fever of 38.6°C!



Take off from work, and if becomes too hard to bare take some fever medicine.

Everyone's symptoms went away in a few days!

Have over the counter pain medicine and fever reducers* ready.

※Acetaminophen, Ibuprofen, Loxoprofen

※Consult your pharmacist for more information

If symptoms continue for 2-3 days and your still worried...

Yamanashi Pref. COVID-19 Vaccine Hotline 092-687-5164

- Open everyday (including weekends and holidays) 9:00am-24:00pm
- You may freely consult with specialists who work as nurses and pharmacists