

# After your immunisation

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. 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.

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

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 new continuous 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 direct by emailing CARM or using their online reporting form on the CARM website [otago.ac.nz/carm](https://otago.ac.nz/carm).

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.

New Zealand Government

Unite  
against  
COVID-19

