



# COVID-19 VACCINATION GUIDE

Thank you for choosing Rite Aid Pharmacy to protect your family and our community.

## WHAT TO EXPECT

The following side effects are normal and should go away in a few days.

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

What you can do to help with side effects:

- **Pain:** Ok to take over-the-counter pain relievers, like ibuprofen or acetaminophen, after your appointment
- **Discomfort:** Move the arm around and apply a clean, cool compress
- **Fever:** Drink plenty of fluids

Call your doctor if redness or tenderness in the injection area continues after 24 hours, or if side effects last more than a few days.

## HOW TO PREPARE FOR YOUR SECOND DOSE

Some experience more severe symptoms after their required second dose. If possible, plan to have a low-stress day, have someone check-in on you and take an over-the-counter pain reliever as soon as you start experiencing symptoms. **Please note, do not take pain relievers before your appointment** as it can impact the effectiveness of your vaccine.

## HOW DOES THE VACCINE WORK?

The COVID-19 vaccine you're getting relies on mRNA technology, a set of instructions that tell your body how to make a small, non-infective portion of the COVID-19 virus called a "spike protein".

If you are exposed to the real virus later, antibodies (which are another type of protein) attack to prevent you from experiencing symptoms.

**After two required doses, the COVID-19 vaccine you're receiving has been proven to be 94% to 95% effective.**

## TRACK YOUR PROGRESS



V-Safe is a smartphone tool, developed by the CDC, to make sure you're continuing to feel healthy for the months following your appointment. Check-ins take less than five minutes and will inform experts studying the virus. Visit [www.cdc.gov/vsafe](http://www.cdc.gov/vsafe) to learn how to register.

## HOW TO STAY SAFE AFTER YOU'RE VACCINATED



**Wear a mask**



**Stay at least 6 feet away**



**Avoid crowds**



**Wash your hands often**

Experts are still determining whether vaccines stop the spread of the virus. Until we know more, practicing these habits in addition to getting the vaccine, is the best way to protect yourself and our community.

Learn more about COVID-19 vaccines at [RiteAid.com/Covid-19](http://RiteAid.com/Covid-19)