

COVID-19 vaccine: After your Pfizer vaccination

This factsheet covers the Pfizer vaccine only. Information on the AstraZeneca vaccine and its potential side effects can be found at health.govt.nz/covid-19-vaccines or **0800 358 5453**

How might I feel after I get the vaccine

Like all medicines, you might experience some mild side effects for up to 1–2 days after getting your Pfizer vaccination and booster, this includes your first or second dose or booster. Most side effects do not last long and for many people they will not impact on day-to-day activities.

The most common reported reactions are:

- pain or swelling/redness at the injection site
- feeling tired or fatigued
- headache
- muscle aches and/or joint pain
- chills/fever
- nausea.

If you feel uncomfortable you can:

- place a cold, wet cloth or ice pack on the injection site for a short time
- rest and drink plenty of fluids
- take paracetamol or ibuprofen.

Seek advice from your health care professional if you are unsure or your symptoms worsen.

Rare side effects

Allergic reactions

There are some side effects that are more serious but rare, like a severe allergic reaction or anaphylaxis.

This is the reason people are observed for around 15 minutes post vaccination. Vaccinators are trained to manage these if they occur.

Myocarditis and pericarditis

Myocarditis is inflammation of the heart muscle, while pericarditis is inflammation of the tissue forming a sac around the heart. These conditions are usually caused by viral infections (including COVID-19), but they are also very rare and serious side effects of the Pfizer vaccine.

Symptoms of myocarditis or pericarditis linked to the vaccine generally appear within a few days, and mostly within the first few weeks after having the vaccine. If you get any of these new symptoms after your vaccination, you should seek medical help, especially if these symptoms don't go away:

- tightness, heaviness, discomfort or pain in your chest or neck
- difficulty breathing or catching your breath
- feeling faint, dizzy or light-headed
- fluttering, racing or pounding heart, or feeling like it is 'skipping beats'.

If you feel any of these symptoms in the days or weeks after the vaccine, you should seek medical help. There will be no charge for the consultation.



You can also call **Healthline** on **0800 358 5453** anytime to get advice.

If you have an immediate concern about your safety, call **111**, and make sure you tell them you've had a COVID-19 vaccination, or have or had COVID-19 so they can assess you properly.

You can report any side effects you experience at:
report.vaccine.covid19.govt.nz

Vaccines protect us

Vaccines help protect people of all ages against other infectious diseases too, like measles and flu. Check you and your whānau are up to date with your vaccinations by talking with your health care provider.

A gap of at least seven days is recommended between having the COVID-19 vaccine and the Zostavax (shingles) vaccine.

There are no concerns around the timing of other vaccines such as flu or MMR (measles, mumps and rubella). You do not need to delay any of these vaccinations.

Visit health.govt.nz/immunisation for more information.

After your vaccination, it's still important to:



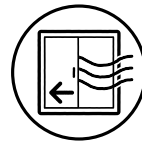
Stay home and get a test if you're sick



Use the NZ COVID Tracer app to scan QR codes to record your visits & turn on Bluetooth tracing



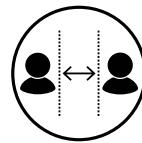
Wear a mask when you're out and about



Keep indoor spaces well ventilated and clean shared surfaces regularly



Wash or sanitise your hands



Keep physically distanced



Cough and sneeze into your elbow