

## For Those Getting the COVID-19 Vaccine

In the 2 days following vaccination, you may experience pain in the injection area, fevers, chills, fatigue, and headaches, but these side effects usually wear off after a few days, so please do not worry too much about them.

If you are especially worried about your condition, you can call the Mie COVID-19 Hotline for a consultation.

**059-224-2825** (09:00~21:00)

**050-3185-7947** (21:00~09:00)

If you are having trouble breathing, please call an ambulance.

## Post-Vaccination Symptoms and Things to Be Aware of

The COVID-19 Vaccine is an intramuscular vaccine.

After getting vaccinated, do not rub the injection area. Furthermore, it is normal to experience pain and fatigue around the injection area 6~8 hours after vaccination.

Given this, avoid physical labor, exercise, and gardening/farm work, and try to go to bed earlier.

If you get a fever, you can take any fever medicine you normally take (including flu medicine that contains acetaminophens).

Avoid taking long baths by limiting it to showers or short baths. During your bath/shower, avoid washing the injection area.

Avoid drinking alcohol the day you get vaccinated, as it will be hard to tell if any side effects you develop are because of the vaccine or because alcohol.

Furthermore, there are many cases where pain develops the day following vaccination, so please take it easy and relax if you can.