

# I Just Had My Vaccination and Feel Crummy, Now What?

Per the CDC<sup>1</sup> and California Department of Public Health (CDPH):

Systemic signs and symptoms, such as:

- Fever
- Fatigue
- Headache
- Chills
- Myalgias
- Arthralgias

can occur following COVID-19 vaccination. Data from mRNA COVID-19 vaccine trials indicate that most systemic post-vaccination signs and symptoms are mild to moderate in severity, occur ***within the first three days of vaccination*** (the day of vaccination and following two days, with most occurring the day after vaccination), resolve within 1-2 days of onset, and are more frequent and severe following the second dose and among younger persons compared to those who are older (>55 years).

Respiratory symptoms, such as:

- Cough
- Shortness of breath
- Rhinorrhea
- Sore throat
- Loss of taste or smell, as well as
  
- Fever > 72 hours

***are NOT consistent*** with post- vaccination symptoms, and instead may be symptoms of COVID-19 or another infection, and may be an indication to be tested for SARS-CoV-2.

For Health Care Workers (HCW) who have received COVID-19 vaccination in the prior 3 days (including day of vaccination, which is considered day 1) and are not known to have had unprotected exposure to SARS-CoV-2 in a community or healthcare setting in the previous 14 days and with systemic symptoms (see above) may return to work without testing. ***If not improving in 72 hours after vaccine***, these HCW should be excluded from work and tested for SARS-CoV-2.

1. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/post-vaccine-considerations-healthcare-personnel.html>