

# Live Well Work Well

Health and wellness tips for your work, home and life

## WHAT TO EXPECT AT YOUR COVID-19 VACCINATION APPOINTMENT

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Vaccinations are a critical way to keep yourself and the public at large healthy. However, vaccinations often come with questions, particularly for new diseases.

This article helps answer some of those questions, compiling expert guidance from the Centers for Disease Control and Prevention (CDC).

#### Before Getting Your Vaccine

It's important to know whether COVID-19 vaccination is recommended for you before making any further decisions. This [CDC webpage](#) explains who should be vaccinated first. Use the link to see the specific rollout timeline for your state, as it will vary by location.

It's also worth doing a little research on the available vaccines, including [how they work](#) and [their benefits](#).

#### Vaccine Precautions

You should NOT receive a COVID-19 vaccine at the same time as other vaccines, including a flu shot. Wait at least 14 days between vaccinations.

Additionally, you should speak with your doctor about any medications you are currently taking before seeking a COVID-19 vaccine.

#### At Your Vaccination Appointment

When you get the vaccine, you and your health care worker will both need to wear masks that cover your nose and mouth. Stay 6 feet away from others while inside and in lines. [Learn more](#) about protecting yourself when going to get your COVID-19 vaccine.

During your appointment, you should receive a vaccination card that tells you what COVID-19 vaccine you received, the date you received it and where you received it. Keep your vaccination card in case you need it for future use.

You should also receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered. Each authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine.

After getting your shot, you should be monitored on-site until you are cleared to leave. While waiting, consider asking your vaccination provider about getting started with v-safe, a free, smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through v-safe, you can quickly tell the CDC if you have any side effects after getting a COVID-19 vaccine.

Finally, speak with your vaccine provider about whether you must schedule an appointment to receive a second dose of the vaccine, as that guidance may vary.



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