

# COVID 19 Vaccination

## Tips for Managing Minor Reaction

### Tips and Advice

There has been a significant amount of noise in the media about the benefits of taking pain killers after the COVID 19 vaccine and indeed before it too. There doesn't appear to be any robust studies and the general guidance is people should take painkillers if they need to. Having some side effects and a mild reaction after the vaccine isn't unusual and is part of the natural response of the body. Most common are pain at the injection site, a slight temperature, fatigue, headache, muscle pain and mild flu-like symptoms.

Here are a few things people can do to help control these side effects;

- To reduce pain at the injection site a cool wet cloth can be applied
- Gentle exercise of the arm in which the injection was given can help get the blood flowing and reduce a sense of heaviness of the arm
- Having a slight temperature is a natural response and as long as it is not too high people can feel more comfortable if they drink plenty of fluids, wear light clothing, sponge the body with luke warm water (never cold), or have an ice lolly
- Take Paracetamol, as advised on the packaging and as per any instructions particular to the person
- Get plenty of rest is a general rule for anyone feeling under the weather and can help with fatigue and feeling weak.

**Note - if the temperature is high (103°F/39°C)** or there is sustained raised temperature for a couple days then contact 111 or the GP. Equally if a person develops **a rash**, has **difficulty breathing** or **chest/abdominal pain** it could be that the person has had a bad reaction it's imperative to treat as an emergency, administer basic first aid if required and contact emergency services.

It is accepted that the COVID 19 vaccines do not give a person COVID 19. However, it could be that a person picks up COVID 19 prior to vaccination and was not showing any symptoms. It's important to follow the national guidelines regarding the development of symptoms and to isolate and request a PCR test.