

Post-Vaccination

Do's and Don'ts



Post-Vaccination

Do's



Prepare for the side effects you may experience after getting vaccinated

Side effects are a normal sign that your body is building protection. Be aware of the side effects associated to the vaccine you took and rest at home for a day or two. It is also recommended to stay hydrated after your jab.

Continue wearing masks and adhering to social distancing rules

The vaccine may indeed reduce your chances of getting the virus and reduces the impact of the virus if you get it, but it does not make you 100% immune. Continue protecting yourself and your loved ones by masking up.



Report the side effects you've experienced to the MySejahtera app

This will contribute to the Ministry of Health's vaccine surveillance efforts to monitor for any adverse effect of the vaccine and future vaccine development.

*Guide available in the link in the bio



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Don'ts



Avoid strenuous physical activity for at least a week after your vaccination

The Singapore government recommends that recipients of the vaccine rest at least one week after vaccination. This is to facilitate the body's efforts in building the immune system against the virus.

Reduce consumption of alcohol temporarily after your vaccination

Experts say that heavy alcohol consumption can suppress the immune system and potentially interfere with your vaccine response as it can take weeks for a vaccine shot to generate protective levels of antibodies.



Do not lose your vaccination card

Your vaccine card is required for your second vaccination appointment and contains personal information linked to you (Full Name and I.C. Number). Keep it somewhere safe in between doses.



FAQ

How long do the side effects last?

Most side effects will resolve within 3 days.



Will moving my arm help with the soreness?

Yes. It improves blood circulation and prevents the joints from stiffening.

Will taking paracetamol (Panadol) before receiving the vaccine lessen my side effects?

No. Doctors do not recommend consuming medication without any symptoms.

Can I still contract the virus even after being fully vaccinated?

It is less likely, but not impossible. This is due to varying strengths of immune response across individuals after vaccination. Nevertheless, a person who is vaccinated will have much milder symptoms of the virus.



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Vaccine Side Effects

Side Effects	Vaccine	Pfizer BIONTECH	UNIVERSITY OF OXFORD AstraZeneca	Sinovac
Injection site pain	Very Common	Very Common	Very Common	Very Common
Injection site swelling	Very Common	Common	Uncommon	-
Tiredness/Fatigue	Very Common	Very Common	Very Common	Very Common
Headache	Very Common	Very Common	Very Common	Very Common
Muscle/Joint Pain	Very Common	Very Common	-	-
Chills	Very Common	Very Common	Uncommon	-
Fever ($\geq 38^{\circ}\text{C}$)	Very Common	Common	Very Uncommon	-
Diarrhoea	Very Common	Common	Uncommon	-
Redness at injection site	Common	Common	-	-
Nausea (feeling sick)	Common	Very Common	Uncommon	-
Vomiting	Common	Common	Very Uncommon	-
Enlarged lymph nodes	Uncommon	Uncommon	-	-
Arm Pain	Uncommon	Common	-	-
Injection site itching	Uncommon	Very Common	-	-
Severe allergic reaction	Very Uncommon	Very Uncommon	Very Uncommon	-
Decreased appetite	-	Uncommon	Uncommon	-
Abdominal pain	-	Uncommon	Uncommon	-

Legend

Very Common	May affect more than 1 in 10 people
Common	May affect up to 1 in 10 people
Uncommon	May affect up to 1 in 100 people
Very Uncommon	May affect up to 1 in 1,000 people
-	No data

Note

List of side effects is not exhaustive. For a full list, refer to the link in the bio.

The data for Sinovac did not include the Common (may affect up to 1 in 10 people) category. Side effects that may affect up to 1 in 100 people were considered "Common" in the source document.





Congratulations for taking the first step to normalcy!

If you have not signed up for the jab, register now to do your part in combatting the virus.

References & useful links are available in the link in the bio

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