

# What to Expect Getting Your COVID-19 Vaccine: Transcript

[upbeat music]

[Narration] If you are getting or thinking about getting a COVID-19 vaccine, here is what you should know before and after you get vaccinated.

The vaccine is safe and will help protect you from getting COVID-19. You cannot get COVID-19 from the vaccine.

The vaccine does not have preservatives. You can visit the Minnesota Department of Health's website for more information about vaccine ingredients.

The vaccine is free for everyone. Insurance and immigration status do not matter.

When you arrive at your vaccination site, you will get a fact sheet about the vaccine. Some sites may ask you to sign your name saying you received the fact sheet and agree to get the vaccine. A health care worker will ask you a few questions to make sure it is OK for you to get the vaccine.

The person giving you the vaccine will let you know if you need a second dose. If you need two doses, it is important to get both, and they should be the same brand of vaccine. You will need to wait three to four weeks before your second dose.

Once you get the vaccine, you will wait at the clinic for 15 to 30 minutes to make sure you do not have any serious allergic reactions. You will get a card that shows the date of your vaccination. An appointment date can be written on the card, so you know if or when to come back if you need a second dose.

After getting your vaccine, you may have some side effects. Common side effects include pain where you got the vaccine, feeling tired, headache, body aches, fever, or chills. The side effects should go away in one or two days. Feeling side effects is completely normal and means the vaccine is working! It is also OK if you don't have any side effects. If you have a severe allergic reaction after you leave the vaccination clinic, call 911, or go to the nearest hospital.

Even after getting the COVID-19 vaccine, you should continue taking basic prevention steps when recommended.

For more information about the COVID-19 vaccine visit: [health.mn.gov/covidvaccine](https://health.mn.gov/covidvaccine)

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