

COVID-19 Vaccination: What to Expect



Who can be vaccinated now?

Everyone 12 years of age and older is now eligible for the COVID-19 vaccine.

How to make a vaccine appointment

For help finding a nearby appointment, you can:

- Check <https://myturn.ca.gov> or call (833) 422-4255
- Go to VaccineFinder.org
- Check with your healthcare provider or local pharmacy.

The vaccine is **FREE**, available regardless of immigration status, and you do not need insurance.

Be prepared to provide your:

- **Name**
- **Phone number or email**
- **Birthdate**
- **Address**

Preparing for your appointment

1 Do NOT attend the vaccine clinic if you:

- Are experiencing any COVID-19 symptoms (fever, cough, shortness of breath, sore throat, sudden loss of taste or smell, chills, muscle pain)
- Are waiting for COVID-19 test results
- Are currently in quarantine or isolation
- Have received a vaccine of any kind (such as flu or shingles) in the past 14 days
- Will be receiving another vaccine in the next 14 days

For more information, visit
www.santacruzhealth.org/coronavirusvaccine

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Preparing for your appointment

- 2 Fill out the required paperwork ahead of time.** This will help your visit go more quickly.
- 3 Arrive no more than 10 minutes before your appointment.**
- 4 Wear a face covering and practice social distancing at all times.**
- 5 Wear clothing that allows easy access to the upper arm.**
- 6 Plan to be at the vaccination site for 30 to 60 minutes after you check in.** This includes a mandatory 15 to 30 minutes observation period after you have been vaccinated.

What To expect at your appointment

When you arrive, you will be checked in for your appointment. Then you will move from station to station through the vaccine process.

- ✓ Someone will provide and check your paperwork and consent forms.
- ✓ A healthcare worker will ask you some questions to ensure that it is safe for you to receive the COVID-19 vaccine.
- ✓ A medical professional will give you the vaccine.
- ✓ Before you leave, confirm your second dose appointment.
- ✓ After the vaccine, expect to wait at least 15 to 30 minutes in the observation area.

After your appointment

You will be given information about possible side effects from the vaccine. **These include headache, fever, chills, body aches, and arm soreness.** Be sure to read this carefully and monitor your health for any concerns.

Even after vaccination, it is still important to wear a face covering, wash hands often, and stay six feet away from those outside your household.

You can sign up for V-safe (<https://vsafe.cdc.gov/-safe>), an online system to report any side effects.

This system is confidential and your personal information will not be shared. You can also sign up for 2nd dose reminders.