

The  
**COVID-19**  
vaccine

# What to expect after the COVID-19 vaccine

Information for **16-17-year-olds**



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This leaflet tells you what to expect after the COVID-19 vaccine that you were given today. **Please read the product information leaflet for more details on your vaccine.**

If you have any questions about the COVID-19 vaccine, visit **[nhsinform.scot/covid19vaccine](https://nhsinform.scot/covid19vaccine)** or call **0800 030 8013** (available 8am–8pm, 7 days a week).

This information is a guide only. Always get medical advice from **NHS24** free on **111** if you're worried about your health.

For the most up-to-date information on the COVID-19 vaccine (including ingredients and potential side effects) visit **[nhsinform.scot/covid19vaccine](https://nhsinform.scot/covid19vaccine)** or call **0800 030 8013**.

COVID-19 vaccination offers good protection within 3 to 4 weeks of the first dose.

## **Can I catch COVID-19 from the vaccine?**

You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.

For more information on COVID-19, visit **[nhsinform.scot/covid19](https://nhsinform.scot/covid19)**

# What are the side effects?

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them.

Very common side effects in the first day or two include:



having a painful, heavy feeling and tenderness in the arm where you had your injection



feeling tired



headache, aches and chills



nausea.

You may also have flu-like symptoms with episodes of shivering and shaking for a day or two. These common side effects are much less serious than developing COVID-19 or complications associated with COVID-19, and they usually go away within a few days.

You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.

An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor.

## **Fever after the vaccine**

It's quite common to develop a fever after a vaccination. This normally happens within 48 hours of the vaccination and usually goes away within 48 hours.

If your fever starts more than 48 hours after the vaccination, or lasts longer than 48 hours, you should self-isolate and book a COVID-19 test. This can be done at [nhsinform.scot/testing](https://nhsinform.scot/testing)

## **What should I do if I am concerned about my side effects?**

These side effects normally last less than a week. If your side effects seem to get worse or if you are concerned, call NHS24 free on 111. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination so that they can assess you properly. You can also report suspected side effects of vaccines and medicines through the Yellow Card Scheme. Visit [coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk)

## **Are there other more serious side effects?**

Worldwide, there have also been recent, rare cases of inflammation of the heart called myocarditis or pericarditis reported after COVID-19 vaccines, although it is not yet clear that these are caused by the vaccines.

These rare adverse reactions are being closely evaluated by the Medicines and Healthcare products Regulatory Agency (MHRA) and have been reported more frequently shortly after the second dose.

These cases have been seen mostly in younger men within several days of vaccination. Most of these people recovered and felt better following rest and simple treatments.

**You should seek medical advice urgently if you experience:**

- chest pain
- shortness of breath
- feelings of having a fast-beating, fluttering or pounding heart.

## Reporting side effects

As with all vaccines, you can report suspected side effects through the Yellow Card Scheme. You can report side effects of the COVID-19 vaccines online at:

 [coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk)

## After the vaccine

After you've had your vaccine, it's important that you continue to follow the latest government guidance to help reduce the spread of the virus. It is not yet known whether having the vaccine completely stops you spreading the virus to others.

Information correct at time of publication.

## Do I need a second dose?

At this time, the JCVI advises that those aged 16–17 should be offered a first dose of the COVID-19 vaccine. The timing of a second dose will be confirmed later.

As previously advised by the JCVI, those aged 12–17 with specific risk factors should be offered two doses of the Pfizer/BioNTech vaccine with an interval of 8 weeks between doses.

Some people aged 16–17 are already able to receive two doses of the vaccine, including if they are:

- clinically extremely vulnerable, or have a specific underlying health condition
- an unpaid carer
- a frontline health or social care worker
- within 3 months of their 18th birthday.





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For more information, including other formats and translation support:



**[nhsinform.scot/covid19vaccine](https://nhsinform.scot/covid19vaccine)**



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Published by Public Health Scotland  
1 South Gyle Crescent  
Edinburgh EH12 9EB  
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**489**



**Version 1**