

# Things to Remember When Getting a Vaccine

Now, a Health Minute.

Getting vaccinated against any disease is important to protect your health and the health of your community.

Before your vaccine: drink plenty of water. Make sure you feel well enough to get a vaccine. If you have a fever, cancel your appointment and reschedule.

Wear a short-sleeved or sleeveless shirt so the provider can easily access your arm.

Do not take any over-the-counter pain medication, such as ibuprofen or aspirin to try to avoid vaccine side effects. This can actually make the vaccine less effective.

After you get your vaccine, drink lots of water. You may experience soreness and swelling in your arm, flu-like symptoms, a headache, or fatigue. These symptoms are normal as your body builds protection against the virus you are being vaccinated against.