

Precautions after receiving a COVID-19 vaccine

After being vaccinated,
Please stay at the facility
at least **15 minutes** for
observation*.



Take measures against infection while waiting.

(Wear a mask, keep distance and refrain from talking)

* For people who have previously experienced anaphylaxis or a severe allergic reaction, or if they feel unwell or faint from taking blood, please wait about 30 minutes.

On the day of the vaccination

■ Possible side effects which might occur right after the vaccination.

Anaphylaxis	<ul style="list-style-type: none"> •A severe allergic reaction that can occur shortly after a food or medicine enters the body. •Skin problems such as rash, gastrointestinal symptoms such as abdominal pain and vomiting, and shortness of breath occur suddenly. When it is accompanied by a drop in blood pressure or loss of consciousness (not responding to a call), it is called 'anaphylactic shock'. •Although it is rare, vaccination venues and medical institutions prepare medications to respond immediately if anaphylactic shock occurs after vaccination.
Fainting/Passing out	<ul style="list-style-type: none"> • Stress and severe pain from vaccination can cause dizziness and sometimes fainting. • A bodily reaction that can happen to anyone. Usually, if you lie down and rest, it will heal naturally. • Sit in a reclining chair and feel the body to avoid falling

Precautions on the day of vaccination

- There is no problem with normal activity, but avoid excessive exercise and drinking alcohol.
- Keep the injected area clean. You can take a bath on the day of vaccination, but do not rub the injected area.



■ Symptoms that may appear within a few days after vaccination.

Occurrence rate	Symptoms
More than 50%	Pain in the injected area, fatigue, headache, muscle aches or muscle pain
10-50%	Joint pain, chills, nausea/ vomiting, swelling of the lymph, fever, swelling of the injected area, redness and heating of the area
1-10%	Pain in the injected area, 7 days after vaccine *

*Pain or swelling in the injected area, redness and heating of the skin From Moderna Vaccine (Takeda Pharmaceutical), attached document

- Many people feel more symptoms on the second day than on the day of vaccination.
- Most of these symptoms will improve within a few days after vaccination.
- Some symptoms, such as fatigue, joint pain and fever, are more common with the second vaccination than the first.

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厚生労働省

Ministry of Health, Labour and Welfare

a few days later

◎ COVID-19 Vaccine consultation

When there is an abnormality in the body after vaccination	⇒ Medical Institutions or Family Doctors where vaccinations are given, Municipal and Prefectural Offices
General questions about vaccination	⇒ Municipal office

◎ About Health Injury and Relief System

The vaccine can cause illnesses or disabilities. Although very rare, there is a relief (help) system for this. Even if the COVID-19 Vaccine causes a health problem, you may receive assistance (medical expenses, Disabilities Pensions, etc.) based on the Vaccination Law ※. Please consult the municipality where you are registered for the procedures required for the application.

※ When the Ministry of Health, Labor and Welfare finds out that the health problem is caused by receiving the vaccine, the municipality will provide benefits. For certification, Vaccination, Infectious Diseases, Medical, Legal Experts will form a committee of experts to evaluate the cause or effect.

Vaccine require two shots

● For the 1st Shot of Vaccine

- To get the full benefit of the vaccine, the same vaccine must be given twice at regular intervals.
- The 2nd shot should be taken as soon as possible, usually 4 weeks after the 1st shot.
- To reserve a 2nd shot, check the information at the clinic/hospital, vaccination venue or municipality where the 1st shot was received.
- Depending on the type of symptoms that appear after the 1st shot, it may be better not to receive the 2nd shot. If you have any symptoms or concerns after the 1st shot, please consult your family doctor or clinic/hospital as to whether you should receive a 2nd shot.




● For the 2nd Shot of Vaccine

- This is the last vaccination.
- After the vaccination, please be careful if there is any change in your physical condition as well as during the first vaccination.

Even after receiving the vaccines, please continue to take precautionary measures such as wearing a mask.

Vaccinated people are expected to be able to prevent COVID-19 infections, but it is not yet fully understood how well they can prevent infections. In addition, at the stage where vaccination is carried out gradually, many people will not receive the vaccine immediately, and both those who have received the vaccine and those who have not yet received the vaccine will live together in society. For this reason, we ask you to continue to take precautionary measures against infection.

Specifically avoid “3 C’s (closed spaces, crowded spaces, close contact) wear a mask, wash hands with soap and use alcohol sanitizer.

For more Information on Covid-19 vaccine, Check the website of the Ministry of Health, Labor and Welfare.	厚労 コロナ ワクチン	Search	
	If you can't find the website, ask at your local municipality.		