

**Why do I need to wait to get the COVID-19 vaccine if I have a cold, flu, fever or COVID symptoms?**



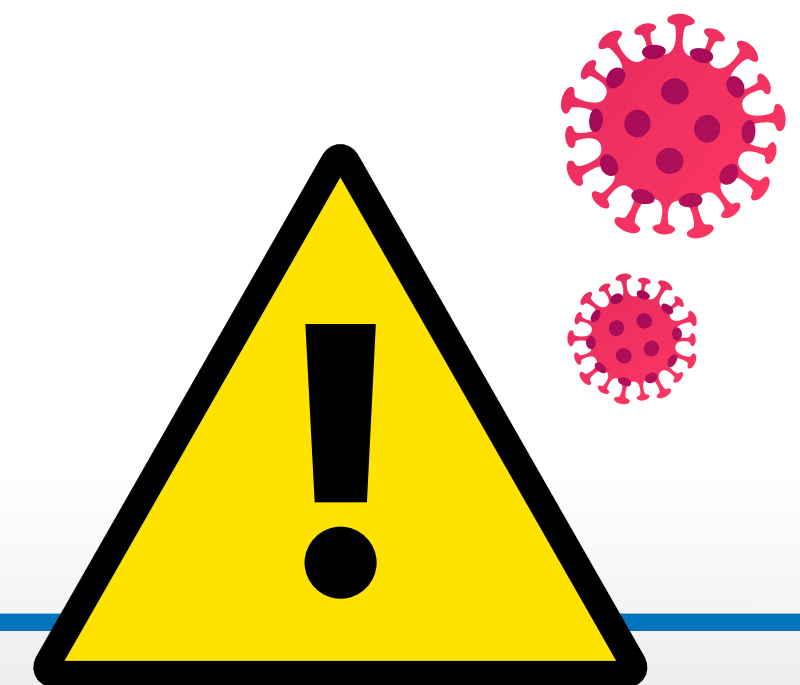
**FACT**

## **VAX SQUAD**

**The symptoms of cold/flu and mild COVID are very similar. Unless you get a COVID test, you may not be sure which illness you have.**

**If you have COVID, you may unknowingly infect other people at the vaccination site.**

**If you do have COVID, you need to wait 30 days after recovering before you get your vaccine.**



**FACT**

## **VAX SQUAD**

**People who have a cold/flu which is causing fever, headache, body pains or blocked nose, may find that their symptoms feel worse after getting a COVID-19 vaccine.**

**Wait for your symptoms to get better before going to get your COVID-19 vaccine.**



**FACT**

## **VAX SQUAD**

**The COVID-19 vaccines can cause MILD side effects like:**

- **Pain at the injection site**
- **Headache**
- **Fever**
- **Body pains**
- **Chills**
- **Nausea**

**These usually get better within 3 days**



# VAX SQUAD



**References:** 1. Miller K. Can you get a COVID-19 vaccine if you're sick with cold-like symptoms? Doctors explain. 27 April 2021. Prevention. Available online at <https://www.prevention.com/health/a36186576/can-iget-covid-19-vaccine-when-sick/>. [Accessed 01 October 2021]. 2. Seladi-Schulman E. Comparing COVID-19 vaccines: Moderna, Pfizer-BioNTech, and Johnson & Johnson. 29 August 2021. Healthline. Available online at <https://www.healthline.com/health/moderna-pfizer-vs-johnson-and-johnson-vaccine>. [Accessed 28 September 2021]. 3. Katella K. Comparing the COVID-19 vaccines: How are they different? 24 September 2021. Yale Medicine. Available online at <https://www.yalemedicine.org/news/covid-19-vaccine-comparison>. [Accessed 27 September 2021].

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