

Common side effects of Covid Booster

1. having a painful, heavy feeling and tenderness in the arm where you had your injection – this tends to be worst around 1 to 2 days after the vaccine
2. feeling tired
3. headache
4. general aches, or mild flu like symptoms

Try these tips to help reduce a resident's discomfort after any vaccine:

1. Offer **regular paracetamol** for 48 hrs after the vaccine – this will reduce a raised temperature and reduce any pain or muscle aches.
2. Offer **plenty of fluids** to ensure they do not get dehydrated.
3. Ask them to continue to move their arm regularly.
4. If a residents symptoms get worse or you are concerned please seek advice.

