

# BE PREPARED FOR YOUR COVID-19 VACCINE

This information will help you understand what to bring, what to wear, and what to expect when you get your COVID-19 vaccine.



## WHAT TO BRING:

- Identification
- Smart phone (optional)
- Pen
- Vaccine questions
- Allergy information
- Information on any vaccine you've received in the last 14 days

## HOW TO PREPARE:

### THE DAY BEFORE:

- Review the vaccine fact sheet for Pfizer and Moderna on [healthygallatin.org](https://www.healthygallatin.org), and write down any questions or concerns.
- Write down any severe allergic reactions you've had to any vaccine or injectable medication. Severe reactions include if you were treated with epinephrine or EpiPen, or if you had to be treated at a hospital.
- Write down any vaccines received in the last 14 days.



### THE DAY OF YOUR VACCINE:

- Eat well and drink plenty of fluids before your appointment.
- Plan to wear a short sleeve shirt or tank top.
- Decide which arm you would like your vaccine.
- Expect to stay at the location anywhere from 15-30 minutes after your shot.



Visit [healthygallatin.org](https://www.healthygallatin.org) for more details.

# DAY OF VACCINE

## CONSENT FORM

You need to provide consent before you get the vaccine. This is part of the online sign-up, you will have to provide consent before securing an appointment.



## CHECK-IN

Provide your name at check-in. When available, you will be directed to an open vaccination station.



## VACCINATION STATION

A nurse, emergency medical technician, or a paramedic will administer the vaccine. They will ask you a few questions and explain the possible side effects.



## VACCINE CARD

Once you get the vaccine, you will receive a vaccine card that includes the name of the vaccine, lot number, date you received it, and who administered it. Make sure to fill in your name and DOB, and keep this card in a safe place as you will need it for your second dose.



## OBSERVATION

Once you are done, you will enter the observation area and will be asked to enroll in a smart phone app called VSafe where you can report any side effects you may have with your vaccine. You will be asked to wait 15 minutes for a standard vaccine, or 30 minutes if you've had an allergic reaction to a vaccine or injectable medication in the past



## SECOND DOSE

Be sure to schedule your second dose before you leave the observation area. Record this on your vaccine card or in a place you won't forget!



Visit [healthygallatin.org](https://healthygallatin.org) for more details.