

Instructions after vaccination

■ Symptoms that may appear within a few days after getting vaccinated:

Appearance ratio	symptoms
Over 50 %	Pain in the vaccinated area, tiredness, headache, muscle pain
10 ~ 50 %	Joint pain, chills, nausea, vomiting, lymphadenopathy, fever, swelling in vaccinated area, reddening of the skin or red spots
1 ~ 10 %	Pain/swelling/red spots in the vaccinated area after 7 days from the day of vaccination.

【How/when/for how long may those symptoms appear?】

- ☐ Most people feel some pain in vaccinated area on the next day
- ☐ The symptoms such as general tiredness, headache and fever may appear more frequently and more strongly after receiving the second dose of vaccination than the first dose.
- ☐ It is more likely that fever may appear within 1 or 2 days after being vaccinated.
- ☐ Most symptoms disappear within a few days after being vaccinated.

■ Contact the medical institution where you received vaccination or see your family doctor immediately in the following cases:

- ☐ When you feel strong pain, swelling or high fever: or
- ☐ When symptoms continue for about three days and show no sign of improvement.

*Very rare cases of myocarditis and pericarditis have been reported after vaccination. If you experience chest pain, palpitations, swelling, difficulty breathing, or tachypnea, seek medical attention immediately.

■ Consultation after the vaccination

Contents	Where to consult	Phone number
-Questions about adverse reactions after vaccination - Medical consultation in the event of adverse reactions	Hokkaido COVID-19 Medical Consultation Center (Japanese Only)	0120-306-154 (9 : 00 ~ 17 : 30)
In the event of an emergency on holidays or at night	Emergency Medical Consultation Center Sapporo (Japanese, English, Chinese, Korean, Russian, Thai, Malay)	# 7119 or 011-272-7119 (24 hours a day)
Other questions regarding vaccination	Sapporo COVID-19 Vaccination Inquiry Center (Japanese, English, Chinese, Korean)	011-351-8646 (9 : 00 ~ 18 : 00)

■ Important notes after you have received vaccination

- ☑ The vaccinated area should be kept clean.
- ☑ Bathing on the day of vaccination is not a problem, but do not rub the vaccinated area.
- ☑ Avoid strenuous exercise and excessive alcohol consumption on the day of vaccination.

Even after being vaccinated

Please wear a mask and continue to take preventive measures.

The vaccine is expected to prevent the development of COVID-19 in those who receive it, but it is not yet known to what extent it can prevent the spread of the disease to other people. In addition, while the vaccine rollout is progressing, many people will not be able to get vaccinated immediately, and society will have to continue with both vaccinated and unvaccinated people.

Therefore, please continue practicing preventive measures.

Examples of preventive measures:

- Avoid 3-Cs: Confined spaces, Crowded places, and Close contact;
- Wear a mask;
- Wash your hands using a soap; and
- Sanitize your hands with alcohol.

