

NEWS RELEASE

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FOR IMMEDIATE RELEASE

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COVID-19 Vaccine Common Side Effects

Southwest Nebraska Public Health Department (SWNPHD) and the six local hospitals in the health district along with Mark's Pharmacy of Cambridge continue to work quickly to give COVID vaccine to essential workers and high-risk individuals. They administered **1,500** first doses of COVID-19 vaccinations during the week of February 1st, which brings the total vaccinated in the nine-county health district to approximately **8.10% or 3,099 total** first doses. Most of these current vaccinations were given to individuals over the age of 65, persons in Tier 1 (first responders, utilities, education) and individuals with high-risk health conditions.

What to expect after getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Common side effects include the following.

- Pain or swelling on the arm where you got the shot
- Fever
- Chills
- Tiredness
- Headache

These side effects are normal and can be treated at home. To reduce pain and discomfort where you got the shot, apply a clean, cool, wet washcloth over the area. Make sure to use or exercise your arm and drink plenty of fluids.

With most COVID-19 vaccines, you will need 2 shots in order for them to work more effectively. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot. It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.

According to the Nebraska Department of Health and Human Services, it is important for everyone to continue using all the tools available to help stop this pandemic as public health officials learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

SWNPHD is continuing to schedule appointments as soon as the vaccine is received each week.

As a reminder, appointments and shot clinics are scheduled in groups of ten because the Moderna COVID vaccine comes in a vial of 10 doses and must be used soon after opening the vial. **COVID shots cannot be given on an individual or walk-in basis.** Registrations to make appointments are taken from the SWNPHD waiting list located at www.swhealth.ne.gov/featured/1.

SWNPHD had 74 new cases of COVID-19 reported February 2nd to February 8th. A breakout by county includes: Chase – 8; Dundy –12; Frontier – 1; Furnas – 10; Hayes – 0; Hitchcock – 9; Keith – 4; Perkins – 1; Red Willow – 29. This brings the totals for the health district to 3631 cases. SWNPHD has received confirmation of three additional deaths due to Covid-19. A breakout of total cases by county is available on SWNPHD’s website.

COVID-19 information can be found at dhhs.ne.gov and at swhealth.ne.gov. You can also follow SWNPHD on Facebook, Twitter, and Instagram. SWNPHD serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. SWNPHD is located at 404 West 10th St (1 block north of Arby’s) in McCook.

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