



## Preparing for the COVID-19 Vaccine: Autonomic Dysreflexia

Everyone who wants a vaccine should get one! COVID-19 vaccines are [safe and effective](#).

If you are one of the very few people who do get COVID-19 after getting the vaccine, you have much less chance of:

- [Getting very sick](#)
- [Going to the hospital](#)

The vaccine can have side effects for many people. You may experience no side effects or you may experience side effects for a few days. If you have a two injection vaccine, you may experience side effects after one, both, or neither of the injections.

These [side effects](#) could include:

- Tiredness
- Sore arm
- Fever
- Headache
- Nausea
- Swelling

[Autonomic dysreflexia is an abnormal, overreaction](#) of the involuntary (autonomic) nervous system to stimulation. This reaction may include:

- Change in heart rate
- Excessive sweating
- High blood pressure
- Muscle spasms
- Skin color changes (paleness, redness, blue-gray skin color)

“[Autonomic Dysreflexia](#) is a potentially life threatening condition that can be considered a medical emergency. AD requires quick and correct action.”

If you have symptoms of AD, call your doctor or 911.