



Preparing for Limited Activity After the Vaccination as a Disabled Person

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
- Swelling
- Fever
- Headache
- Nausea

Regardless of your disability, consider limiting activities for a day or two, and more if necessary, after receiving the vaccine.

Plan ahead!

- Don't schedule non-emergency medical appointments.
- Have groceries, medication, and medical supplies in your home.
- Ask your employer for paid time off if you need it after each or either injection.
- Don't schedule job interviews or other important meetings, even virtually.
- Take care of any critical bills or paperwork before getting the vaccine.
- Schedule plenty of rest, relaxation, and self-care!

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