



What to do after receiving the COVID-19 vaccine

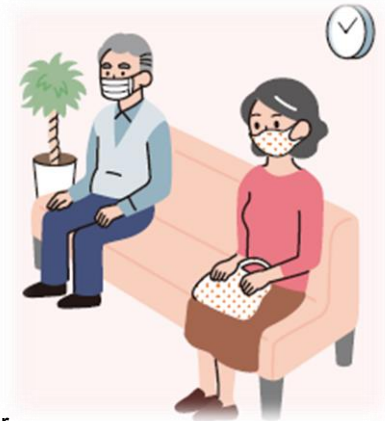
Stay seated at the vaccination center for at least 15 minutes

to make sure you have no health problem.*

Please do not forget infection prevention while you are waiting.

(Wear a mask, keep distance from others, refrain from talking, etc.)

* If you have experienced severe allergic symptoms including anaphylaxis in the past or have felt sick or fainted in the past when collecting blood samples, etc., please wait seated for approx. 30 minutes.



On the day of vaccination

■ Possible immediate side effects after the vaccination

Anaphylaxis	<ul style="list-style-type: none"> This is an allergic reaction that occurs right after a medication or a food is taken into the body. Following symptoms occur suddenly: skin symptoms (such as hives), digestive symptoms (such as abdominal pain and vomiting), and respiratory ones including dyspnea. When anaphylaxis is accompanied with the decrease in blood pressure or decreased level of consciousness (no response even when people call out), it is called anaphylactic shock. Although anaphylaxis is very rare, the vaccination center and the medical facility are equipped with medication and other items to immediately treat anaphylaxis after receipt of the vaccine.
Vasovagal reflex	<ul style="list-style-type: none"> Getting nervous about vaccination or intense pain may trigger feeling dizzy or your face turn pale, and sometimes cause you to lose consciousness. This is an automatic response within the body and can happen to anybody. You usually recover from the symptoms by lying down and resting. Watch and see for a while in a chair with a backrest, so that you will not injure yourself by falling back.

Precautions to get the shot on the day of vaccination

- Refrain from strenuous exercise and excessive drinking.
- Keep the injection site clean. You can bathe and shower on the day of vaccination, but make sure not to rub the injection site.



Within a few days

■ Possible side effects within a few days after the vaccination

Incidence rate	Symptoms
50% or more	Pain in the injection site, fatigue, headache, muscle pain
10% to 50%	Joint pain, chill, nausea and vomiting, lymphadenopathy, fever, swelling of the injection site, redness and erythema
1% to 10%	Injection site pain and others 7 days or more after getting vaccinated (*)

(*) Pain and/or swelling of the injection site, erythema

According to the package insert of Moderna COVID-19 Vaccine (Takeda Pharmaceutical Co. Ltd.)

- Many people start feeling pain the next day rather than immediately after the injection.
- Most of these symptoms will go away within a few days after vaccination.
- Symptoms like fatigue, joint pains, and fever may develop more frequently at the second dose than the first dose.

◎ Inquiries about COVID-19 vaccine

When you have abnormal reactions after being vaccinated	→ Consult the medical facility or the doctor where you got vaccinated, or the local municipality/prefectural government office
Inquiries in general about the vaccine	→ Local municipality

◎ About the Relief System for Injury and Health with Vaccination

Vaccinations can cause health problems (illness or disability). Although this is extremely rare, the risk cannot be eliminated, and a relief system has been established for this reason.

In case health damage occurs from COVID-19 vaccination, the relief system (medical expenses, disability pension benefits, etc.) is available under the Immunization Act *.

Please consult the local municipality regarding the procedures required for application.

* When the Minister of Labour, Health and Welfare certifies that the health damage comes from COVID-19 vaccination, benefits will be provided by the local municipality. For certificate, the Examination Committee for Certification of Sickness and Disability, which is composed of specialists of vaccination, infectious disease, medical, and legal experts, determines the causal relationship between the vaccine and the health damage.

For COVID-19 vaccines, two doses are required.

● If you are receiving the first dose,

- You will have to receive two doses of a same vaccine with a certain interval in between in order to get sufficient effect of the vaccine.
- After the first dose (today), a second dose is usually administered after 3 weeks. Do not leave too much interval after 3 weeks.
- As for the reservation of the second dose, please follow the instruction given by the medical facility where you had your first shot or consult the local municipality.
- Depending on the symptoms occurring after the first dose, sometimes it is better not to receive the second dose. If you have had any symptom of concern, please ask the medical facility or the doctor where you had your first shot and ask them if it is alright to receive the second one.



● If you are receiving the second dose,

- This is the last dose for COVID-19 vaccination.
- Please watch and see if you have any health problems after the vaccination, just as you have done after the first dose.

Please continue taking infection prevention including wearing a mask even after you have finished receiving the vaccine.

It is expected that the vaccine can prevent onset of COVID-19, but it is not known how well it can prevent the spread of infection to others. While the vaccination is still going on, not many people can be vaccinated immediately, and both those who have been vaccinated and those who have not been will keep on living together in this society.

Therefore, we ask you to continue taking infection prevention.

Specifically, please avoid "three C's (closed spaces, crowded places, close contact settings)", wear a mask, wash your hands with soap, and disinfect with alcohol for hand disinfection.

If you would like to know the details about COVID-19, please refer to the Ministry of Health, Labour and Welfare (MHLW) website.

MHLW COVID-19 vaccine

If you cannot access the website, please consult your local municipality.