Congratulations
on deciding to get the COVID-19 vaccine!

The decision to get the COVID-19 vaccine is between you and the adults in your life. Getting vaccinated lowers your risk of getting COVID-19. If you do get infected with the virus after getting vaccinated, you are less likely to get very sick. You are also less likely to spread the virus to others.

Getting vaccinated makes being around other people so much safer. You can feel safer at school, hanging out with friends, playing sports or doing the other activities you love!

How can I get my parent's permission to get the vaccine?

If you are under 18 years old, your parents can come with you to get the vaccine or you can bring in a vaccine permission form signed by your parent. If these options aren't possible, we can call them, so they can give permission by phone. If we can't reach your parents, but you think they would want you to get the vaccine, we will give it to you, but only if you're 12 years or older.

My parents don't want me to get the vaccine, but I want it. Can I get it anyway?

No. If you are under 18 years old and know your parents don't want you to get the vaccine, we cannot give it to you. We can help you talk with your parents about the vaccine. But if they still do not want you to get it, we cannot vaccinate you.

What to expect after getting the COVID-19 vaccine.

Many people who receive the COVID-19 vaccine will get side effects 1-2 days afterwards. These are not a sign of getting COVID-19. These symptoms mean the vaccine is working! Possible side effects include:

- Pain on the arm where you got the vaccine
- Fevers, chills, muscle aches
- Headache, feeling tired or feeling like throwing up

If you have these very common symptoms right after you get the vaccine, you don't need to stay home and away from others. But if you also have other symptoms like cough or sore throat that aren't caused by the vaccine, you should stay home. If you don't feel better 2 days after your vaccine, you should talk to your doctor.

While very uncommon, some people have serious allergic reactions to the COVID-19 vaccine. This is why you'll need to wait for 15 to 30 minutes after you get the vaccine so your provider can watch for any serious reactions.

Don't forget to come back for your second dose!

Ask your provider when you need to come back for the second dose and make an appointment before you leave. It takes 2 weeks after getting the second dose of the COVID-19 vaccine to be considered 'fully vaccinated' against COVID-19.

Keep your vaccine card somewhere safe.

You will be given a card that shows the name and date of your vaccine. This is your proof that you are vaccinated against COVID-19! Take a picture and email it to yourself. Show your doctor next time you see them.

City and County of San Francisco

sf.gov/ CovidVaccine