

For those who were inoculated with the Moderna COVID-19 vaccine (Takeda Pharmaceutical) Precautions after receiving the COVID-19 vaccine

After being vaccinated,

Sit and wait at the vaccination site for more than 15 minutes.

Furthermore, for those who have a history of previous symptoms of allergy including anaphylaxis, wait for about 30 minutes.

Adopt protective measures while waiting.



【On the day of vaccination】

■For possible immediate symptoms after the vaccination

Anaphylaxis	<ul style="list-style-type: none"> •Allergic reaction that can develop within minutes or even seconds after exposure to a drug or food •Sets off skin symptoms including hives, digestive symptoms including abdominal pain and vomiting, and respiratory symptoms including suffocation. The presence of decreased blood pressure or decreased level of consciousness (unresponsive) is referred to anaphylactic shock. •It is extremely unusual for these to happen, however, we made provisions including medicine at the vaccination site to be able to promptly respond if having symptoms of anaphylaxis.
Vasovagal reflex	<ul style="list-style-type: none"> •Triggered by stress or severe pain arising from the vaccination, one may lose consciousness when one gets dizzy or feels the blood drain from one's face. •This is a physical reaction that may occur to anyone and one usually gets better naturally if one lies down and rest. •Sit and wait on a chair with back support to prevent one from being injured if one comes crashing down.

<Precautions after receiving the COVID-19 vaccine>

- Stay off extreme exercise.
- Keep the vaccination site clean. Bathing is ok on the day of the vaccination, however, do not rub the injection site.



【A few days after the vaccination】

■For possible symptoms within a few days after the vaccination

Incidence rate	Symptoms
50% and above	Pain in the vaccination site, fatigue, headache, and muscle pain
10-50%	Joint pain, chill, nausea, vomiting, swelling of lymph nodes, fever, swelling, reddening or erythema of the vaccination site
1-10%	Pain, etc. in the vaccination site after the 7th day subsequent to vaccination(※)

(※)After about 1 week of the 1st dose, the vaccinated arm may get red, swollen, and itchy extensively (Moderna arm)(About 0.8%). Most will get better by itself within days. If it develops intense itching, place a cold compress over the area and apply over-the-counter anti-itching ointment or steroid ointment. If it doesn't get better by itself within days, consult with a dermatologist. Even with these symptoms, one can receive the 2nd dose.

Fever, headache, muscle pain, etc. usually occur within 1 to 2 days and the tendency has been to recover from the symptoms after 3 days. If it's necessary, take anti-inflammatory analgesics and wait.

- Acetaminophen (Tylenol A, Bufferin Luna J, Excedrin, Norshin, Sedes, etc.)
- Ibuprofen (Eve, Ringl, Naron Medical, Bufferin Premium, etc.)
- Loxoprofen (Loxonin, etc.)

※For those who have a history of previous symptoms of allergy to anti-inflammatory analgesics and asthma, consult with one's primary physician or pharmacist.

■Contact information if something is wrong after the vaccination

If something is wrong after the vaccination	Consult with one's primary care doctor, a nearby healthcare facility, or the Ibaraki Prefecture Mass Vaccination Call Center (Side effects hotline). (Ibaraki Prefecture Mass Vaccination Call Center (Side effects hotline)) Tel: 029-301-5394 Reception hours: 8:30~22:00 (Including Saturdays, Sundays and national holidays)
For general information about the vaccination	【Ministry of Health, Labour and Welfare (MHLW) Call Center】 Tel: 0120-761770 Reception hours: 9:00~21:00 (Including Saturdays, Sundays and national holidays)
Making a reservation for the vaccination	Division of Risk Management, Department of General Affairs Tel: 029-853-2195、2381 Reception hours: 9:00 ~ 17:00 (Excluding Saturdays, Sundays and national holidays)

■Relief System for Injury to Health with Vaccination

There is a risk of damage to one's health from vaccination (leave one sick or physically impaired). While it is extremely unusual, because one cannot eliminate it, the Relief System was established.

In the case of damage to one's health being incurred by the COVID-19 vaccination, relief is available based on the Immunization Act (payment of medical expenses and disability pension, etc.)

For procedures necessary for application, etc., consult with the municipality where one has the resident record.

■The vaccination will be given as 2 doses.

★For those receiving the 1st dose

- To get the most out of the vaccination, the same vaccination will be given as 2 doses at regular intervals.
- The 2nd dose is assumed to be received after 4 weeks (28 days) from the 1st dose in principle; provided however, that if it's at an inconvenient time, it is possible to be vaccinated after 3 weeks (21 days).
- Depending on the kind of the symptoms emerging after the vaccination, there may be those who will not receive the 2nd dose.

★For those receiving the 2nd dose

- The vaccination comes to an end with this.
- Keep one's eyes open for changes in one's physical condition as is the case with the 1st dose after the vaccination.

■After being vaccinated, follow through on measures for the prevention of infection including the wearing of masks.

It is expected for those who were vaccinated to be capable of avoiding the development of COVID-19 infection, however, it remains unknown how likely it can prevent infection to others. Furthermore, in this stage of the gradual progression of the vaccination, not many people can be vaccinated at once and those who were vaccinated and those who were not will maintain social life together. For this purpose, everyone should follow through on measures for the prevention of infection.

In concrete terms, rigidly enforce the avoidance of the Three Cs of closed spaces, crowded places, and close-contact settings, wearing of masks, hand washing with soap, and disinfection of hands with alcohol.

For details about COVID-19, refer to the website of MHLW.

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If you can't see the website, consult with one's municipality.