DANISH HEALTH AUTHORITY

corona | covid-19

29 June 2021

# What to do if you are going to be vaccinated against COVID-19

## Why should I be vaccinated?

COVID-19 is caused by a new virus that infects humans. Therefore, we are not immune to the infection, so COVID-19 has been able to spread like a pandemic.

Only a small proportion of the Danish population has had COVID-19, and we do not know for sure whether those who have been infected are fully protected from being reinfected at a later date.

Anyone can become infected with COVID-19. And anyone can become ill from COVID-19. However, some people are at particularly high risk of becoming severely ill and dying if they become infected.

**The Danish Health Authority recommends vaccination against COVID-19 because it protects you against becoming infected and ill with COVID-19.**

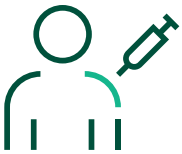
**The more people who are vaccinated, the better we will be able to control the epidemic.**

**Vaccination is free of charge, and it is entirely voluntary whether you accept the offer of vaccination.**

## How does the vaccination take place?

**1.** Show up at the vaccination centre at the stated time. Bring your yellow health insurance card.

**2.** Various healthcare professionals can give the vaccine, but they will always be working under the responsibility of a doctor.



**3.** As a rule, the vaccine will be injected into your main shoulder muscle.


**4.** Wait nearby for at least 15 minutes after you have been vaccinated, so the healthcare professionals can help you if you have an allergic reaction.

## What are the possible side effects?

All vaccines have side effects, but not everyone who is vaccinated experiences side effects. In general, the side effects are mild and transient, and we consider the COVID-19 vaccines to be a very safe and highly documented. The most common side effects that people may experience when being vaccinated with any of the COVID-19 vaccines are listed below.

**Examples of common side effects**

| Local reactions | General reactions |
|---|---|
| • Pain and redness at the injection site | • Fatigue<br>• Headache<br>• Muscle and joint pain<br>• Chills<br>• Slight fever |

**Examples of rare side effects**

- Severe allergic reactions
- Difficulty breathing
- Skin rashes
- Facial swelling

Most people will experience pain at the injection site. Many people will experience general reactions such as muscle pain or a slight fever, which are generally signs that your body's immune system is reacting as it should to the vaccine. You do not need to call your doctor if you experience these known and transient side effects.

In rare cases, you may experience a severe allergic reaction immediately after you have been vaccinated. If you have a severe drug allergy, for example, you should be aware of this before being vaccinated. Emergency staff will always be on hand at the COVID-19 vaccination centres to deal with any severe allergic reactions.

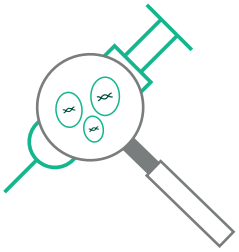
There is a slight difference between which side effects and reactions are most common with the different vaccines. Read more at **sst.dk/en/English/Corona-eng/Vaccination-against-COVID-19**.

## How do the vaccines work?

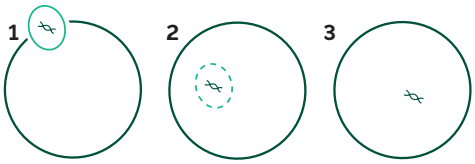
The approved COVID-19 vaccines contain small strands of genetic code made from so-called nucleic acids (RNA or DNA), which are naturally occurring substances in the human body. For the Comirnaty® and Spikevax® (previously known as COVID-19 Vaccine Moderna®) vaccines, the strands of code are encapsulated in fats.

Once the strands of genetic code enter the body's cells, the code is translated to a protein which is specific to novel coronavirus. These proteins stimulate the body's immune system to make protective antibodies and special immune cells so that the immune system can recognise and break down the virus if you become infected at a later date.

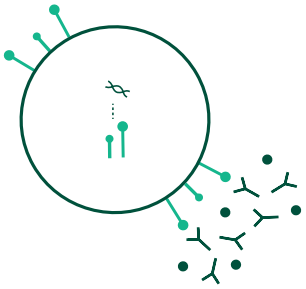
The strand of code and the excipients in the vaccine are quickly broken down by the body after they have performed their task.



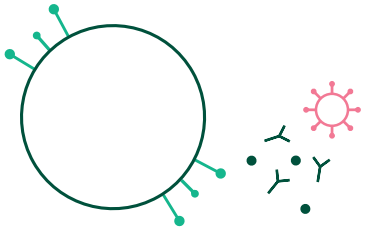
**1.** The vaccine contains small strands of code




**2.** The encapsulation helps to bring the strand of code inside the body's cells. The encapsulation is then quickly broken down by the body's enzymes.



**3.** The small strands of code cause the cell to produce new proteins, which settle on the outside of the cell and stimulate the body's immune system to form antibodies and immune cells.



**4.** Antibodies and immune cells can break down the virus if you become infected at a later date. The strand of code is broken down in the cell once it has finished performing its task.

## Why do I need to be vaccinated twice?

The vaccines do not become fully effective until 1-2 weeks after the second injection, and therefore you need to be vaccinated twice.

We do not yet know for how long the vaccine provides protection. Therefore, we cannot say whether the protection will last for many years, or whether you need to be re-vaccinated at a later date to remain protected.

## What should I be aware of after I have been vaccinated?

Even though you have been vaccinated, you must still follow the Danish Health Authority's general guidance on how to prevent infection. The vaccines are not 100% effective, and we do not yet know whether vaccination also prevents you from carrying the virus and spreading the infection to others.

You should contact your doctor if you experience serious symptoms after you have been vaccinated. This may, for example, be allergic symptoms such as difficulty breathing or a skin rash. Your doctor can assess whether the symptoms may be due to the vaccine or other factors, and start treatment if necessary.

Your doctor is obliged to report suspected side effects to the Danish Medicines Agency. You can also report suspected side effects to the Danish Medicines Agency via **www.lmst.dk**

## Maintain the good habits

Even though you are vaccinated, there is still a risk that you may infect others. Therefore, you must continue to follow the Danish Health Authority's guidance to limit infection:


## Where can you find answers to your questions?

You can always find the latest information about vaccination against COVID-19 at **www.sst.dk/en/English/Corona-eng/Vaccination-against-COVID-19** and read more about novel coronavirus and COVID-19 at **https://www.sst.dk/en/English/Corona-eng**