

## Self-help series fact sheet 15

### Immunisation

Regular COVID-19 vaccination is recommended even in individuals who have had a past infection, and there are no safety concerns for individuals receiving a COVID-19 vaccine following a recent COVID-19 infection.

Regular COVID-19 vaccinations or boosters are the best way to protect yourself against severe illness, hospitalisation and death from COVID-19.

In particular, they are important for anyone aged 65 years or older and people at higher risk of severe COVID-19.

As with all vaccinations, people are encouraged to discuss the vaccine options available to them with their health practitioner.

The most frequently reported side effects include injection-site reactions, such a sore arm. Other reported side effects include:

- headache
- muscle pain
- fever and chills
- fatigue.

These side effects typically last no more than a couple of days, and you will recover without any problems. If you are concerned about side effects please talk to your GP.

We encourage you to rely on credible information to make informed choices about the vaccine you receive.



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Like your other vaccinations, we encourage you to discuss COVID-19 vaccine options available to you with your healthcare provider. They can help you decide how frequently you have your regular dose with an individual risk–benefit assessment.

During this series of fact sheets there will be a number of these tips and tricks but if you would like further information on a particular subject please feel free to contact us by emailing [info@arthritisact.org.au](mailto:info@arthritisact.org.au) and we will send you further information and a list of support activities.