

### 1. Post-vaccination precautions

- Please wait at the vaccination venue (Rokko Hall, Kobe University Centennial Hall) for more than 15 minutes after receiving your vaccination (You should wait for over 30 minutes if you have a history of serious allergic reactions after receiving vaccinations, including anaphylactic shocks, feeling unwell or losing consciousness. The doctor will explain this to each individual in the medical history interview at the vaccination venue). If you begin to feel unwell, please promptly alert the staff.
- Please keep the injection site clean. You may take a shower or bath on the day you receive your vaccination but please do not rub or scratch the injection site.
- Please avoid doing strenuous exercise on the day you receive your vaccination.

### 2. Regarding vaccination side effects

You may experience the following after receiving your vaccination:

- Symptoms that may appear soon after vaccination:
  - Anaphylaxis  
The sudden onset of symptoms affecting the skin (e.g. hives), digestive system (e.g. stomach pain and vomiting) and respiratory system (e.g. breathing difficulties). These symptoms may be accompanied by low blood pressure and reduced consciousness. Anaphylaxis is an extremely rare side effect of the vaccine.
  - Vasovagal syncope  
Some people may experience dizziness, paleness or fainting as a result of anxiety about the vaccination or the sharp pain from the injection. This can happen to anyone. In the majority of cases you can recover naturally by lying down and resting.
- The following side effects have been observed in those who received the Moderna vaccine:  
Over 50%: pain at the injection site, tiredness, muscle pain.  
10%-50%: joint pain, chills, nausea and vomiting, swollen lymph nodes, fever, swelling at the injection site, red skin/spots.  
1-10%: Pain at the injection site over a week after receiving the vaccination (pain and swelling at the injection site, red spots).  
(Many people feel pain on the day after the vaccination than immediately upon receiving it. The majority of these side effects will go away within a few days. Side effects such as tiredness, joint pain and fever are more likely to occur after the 2<sup>nd</sup> dose than the 1<sup>st</sup> dose.

### 3. Measures to take if you have a post-vaccination fever

- Clinical trials conducted overseas and in Japan have found that fever occurs in around 15%-40% of cases, particularly after the 2<sup>nd</sup> dose.
- If you experience any side effects after receiving the vaccination (such as fever, muscle pain or joint pain), you may take acetaminophen (fever-reducing medicine) such as Tylenol or 「カロナール」, or non-steroidal anti-inflammatory drugs such as Loxonin. It is not recommended to take

these medicines before side effects occur. We recommend that you prepare your own medication in advance in case you need it.

- A cough, sore throat and impaired sense of taste or smell are NOT side effects of the vaccination. If you experience these symptoms, you will need to find out if you have COVID-19 so please contact one of the hotlines at the bottom of this page.

The following applies to **Kobe University students only**:

- If you have symptoms such as a fever or headache that you believe are clearly a result of the vaccine, you may NOT attend face-to-face classes and practicals. Once your fever has passed, it may be possible for you to attend. If you have a headache, fever, muscle aches or joint pain after vaccination, please take medicine as mentioned above, and monitor your condition at home for 48 hours. Please contact one of the hotlines below if your symptoms do not improve after 48 hours.

If you have severe side effects (other than the commonly experienced symptoms of fever, headache and joint/muscle pain), please call a helpline and go to a nearby doctor. In addition, please inform the Academic Affairs Section if you need to be absent from face-to-face classes and practicals.

For more details about the benefits and side effects of the vaccine, please refer to the following file: **Information regarding the COVID-19 Moderna vaccination (Ministry of Health, Labour and Welfare of Japan):** <https://www.mhlw.go.jp/content/000791158.pdf>

**Even after you have been fully vaccinated, please continue to practice infection prevention measures: (such as wearing a mask, gargling, washing hands, social distancing and ensuring adequate ventilation) and strictly avoid social gatherings where alcohol is consumed and situations where people gather in large groups for an extended period of time.**

**Where to contact about vaccination side effects:**

1. Covid-19 Vaccination Side Effects Consultation Hotline (Kobe City)

Phone: 078-252-7155 Fax: 078-570-5777 (if it is difficult for you to phone)

Open 24 hours including Saturday, Sunday and national holidays

Available in 8 languages including English and Chinese.

2. Hyogo Novel Coronavirus Vaccine Consultation Hotline

Available from 9am to 5:30pm (including weekdays, weekends and national holidays)

Phone: 078-361-1779 Fax : 078-361-1814

**Warning:**

**Although this vaccine has great benefits because it can reduce virus symptoms and prevent severe COVID-19, it is still possible to become infected even after vaccination. Please continue to practice infection prevention (wearing a non-woven mask, thorough hand washing and avoiding the Three Cs).**