

After Your Flu Shot

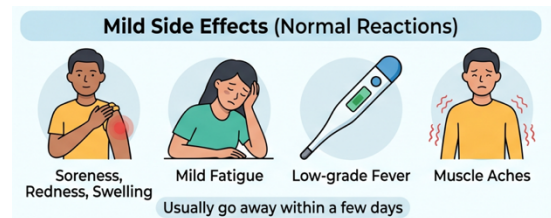
What to Expect & When to Seek Help



Most people return to their normal activities after a flu shot with little to no disruption. Mild arm soreness is common and usually goes away within a day or two. If your symptoms last longer than expected, we're here to help. The information below outlines when to seek care and where to find additional support.

When to Seek Help

Some soreness, stiffness, or mild swelling after a vaccination is normal and usually improves within a few days. However, if your pain is severe, gets worse, lasts more than a few days, or limits your normal arm movement, don't ignore it.



Contact TotalWellness. If you experience prolonged or unusual arm pain after your vaccination, please reach out to the TotalWellness team at 1-888-434-4358. We're here to help answer questions, discuss your symptoms, and guide you toward the appropriate next steps.

Helpful Resources

Vaccine Adverse Event Reporting System (VAERS)

VAERS is a national system that helps monitor vaccine safety. You can report unexpected or concerning side effects after vaccination. These reports help experts identify rare side effects and improve vaccine safety.

Learn more: <https://vaers.hhs.gov>

National Vaccine Injury Compensation Program (VICP)

In rare cases, individuals who experience certain vaccine-related injuries may be eligible for compensation through this federal program.

Learn more or file a claim: <https://www.hrsa.gov/vaccine-compensation>

SIRVA Injury Attorneys

If you believe you may have experienced a significant shoulder injury related to your vaccination, we recommend contacting SIRVA Injury Attorneys. They can connect you with medical experts at no cost to you to help evaluate your situation and explain your options.

Learn more: sirvainjury.com