

## **V-Safe After Vaccination Health Checker**

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.

Sign up with your smartphone's browser at [vsafe.cdc.gov](https://vsafe.cdc.gov) or aim your smartphone's camera at this code:



## **What is V-Safe?**

V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through v-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you. And v-safe will remind you to get your second COVID-19 vaccine dose if you need one.

Your participation in CDC's v-safe makes a difference—it helps keep COVID-19 vaccines safe.

## **How Can I Participate?**

Once you get a COVID-19 vaccine, you can enroll in v-safe using your smartphone. Participation is voluntary and you can opt out at any

time. You will receive text messages from v-safe around 2 p.m. local time. To opt out, simply text "STOP" when v-safe sends you a text message. You can also start v-safe again by texting "START."

### **How Long Do V-Safe Check-ins Last?**

During the first week after you get your vaccine, v-safe will send you a text message each day to ask how you are doing. Then you will get check-in messages once a week for up to 5 weeks. The questions v-safe asks should take less than 5 minutes to answer. If you need a second dose of vaccine, v-safe will provide a new 6-week check-in process so you can share your second-dose vaccine experience as well. You'll also receive check-ins 3, 6, and 12 months after your final dose of vaccine.

## **Is My Health Information Safe?**

Yes. Your personal information in v-safe is protected so that it stays confidential and private.\*

\*To the extent v-safe uses existing information systems managed by CDC, FDA, and other federal agencies, the systems employ strict security measures appropriate for the data's level of sensitivity.

## **How to Register and Use V-Safe**

You will need your smartphone and information about the COVID-19 vaccine you received. This information can be found on your vaccination record card; if you cannot find your card, please contact your healthcare provider.

## Register

1. Go to the v-safe website at [vsafe.cdc.gov](https://vsafe.cdc.gov)
2. Read the instructions. Click Get Started.
3. Enter your name, mobile number, and other requested information. Click Register.
4. You will receive a text message with a verification code on your smartphone. Enter the code in v-safe and click Verify.
5. At the top of the screen, click Enter vaccine information.
6. Select which COVID-19 vaccine you received (found on your vaccination record card; if you cannot find your card, please contact your healthcare provider). Then enter the date you were vaccinated. Click Next.

7. Review your vaccine information. If correct, click Submit. If not, click Go Back.
8. Congrats! You're all set! If you complete your registration before 2 p.m. local time, v-safe will start your initial health check-in around 2 p.m. that day. If you register after 2 p.m., v-safe will start your initial health check-in immediately after you register- just follow the instructions.

You will receive a reminder text message from v-safe when it's time for the next check-in - around 2 p.m. local time. Just click the link in the text message to start the check-in.

## **Complete a V-Safe Health Check-in**

1. When you receive a v-safe check-in text message on your smartphone, click the link when ready.
2. Follow the instructions to complete the check-in.

## **Troubleshooting**

How can I come back and finish a check-in later if I'm interrupted?

- Click the link in the text message reminder to restart and complete your check-in.

How do I update my vaccine information after my second COVID-19 vaccine dose?

- V-safe will automatically ask you to update your second dose information. Just follow the instructions.

**Need Help with V-Safe?**

Call 800-CDC-INFO (800-232-4636)

TTY 888-232-6348

Open 24 hours, 7 days a week

Visit [www.cdc.gov/vsafe](http://www.cdc.gov/vsafe)

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