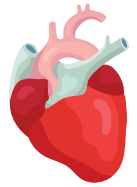


# INFORMATION FOR PATIENTS: Myocarditis and Pericarditis after mRNA COVID-19 Vaccination



## About Post-Vaccine Myocarditis & Pericarditis

- Myocarditis is inflammation of the heart muscle.
- Pericarditis is inflammation of the outer lining of the heart.
- There are many different causes of myocarditis and pericarditis including COVID-19 infection.
- In rare instances, myocarditis and pericarditis may occur after mRNA COVID-19 vaccination, mainly in adolescent males and young men.
- The risk of post-vaccine myocarditis is much lower than the risk of myocarditis due to COVID-19 and the symptoms are usually less severe.
- Most people with post-vaccine myocarditis or pericarditis respond well to treatment and feel better quickly.



## Common Symptoms: When & Where to Seek Care

**Go to an Emergency Department immediately if you experience any of the following symptoms:**



- Chest pain
- Shortness of breath or difficulty breathing
- Irregular heartbeat
- Unconsciousness/fainting
- New and unexplained swelling in parts of your body (especially legs)



## Diagnostic Testing

These tests may be done to help doctors determine a diagnosis and plan next steps for your care:

- Nasal swab
- Blood test
- Chest x-ray
- Echocardiogram
- Electrocardiogram
- Cardiac magnetic resonance imaging
- Holter monitor
- Other relevant testing

## Treatment & Follow-up Care

- Medications and care plans depend on your symptoms and test results.
- You may require observation and treatment in hospital or follow a treatment plan at home.
- If myocarditis and/or pericarditis is suspected, you should have follow-up appointments with a specialist (cardiologist or internist) as soon as possible.



## Recommendations

- Normally, you should limit exercise for at least 3 to 6 months.
- Avoid receiving another mRNA COVID-19 vaccine until more information is available.
- Speak to your family doctor (or visit a walk-in clinic) if you are worried about new or ongoing symptoms and are no longer seeing a specialist.

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