What is V-safe?

V-safe is an innovative vaccine safety monitoring system that allows you or your dependent to quickly and easily share how you feel after getting a vaccine. It takes just a few minutes to enroll, and then you will receive V-safe notifications through text messages or emails to complete **short, confidential health check-ins.** Your participation in V-safe makes a difference— it helps others know what to expect in the days following vaccination, and it helps CDC monitor the safety of vaccines for everyone.

V-safe features:

- **Receive health check-ins via text or email** after vaccination.
- **Enroll your dependents** and complete check-ins on their behalf.
- **Share** how you feel **after getting a vaccine dose.**

How can I enroll, and how does it work?

V-safe is available for several vaccines. Go to vsafe.cdc.gov to find out if you are eligible to enroll. If you are eligible, follow the prompts to register for V-safe health check-ins. During the first week after vaccination, V-safe will send you a text message or email notification each day to ask how you are feeling. Then you will get check-in messages once a week for up to 5 weeks. Depending on your answers, V-safe may send you a link to submit a report in the Vaccine Adverse Event Reporting System (VAERS).

You can opt out at any time by texting "STOP" when V-safe sends you a text message or by clicking "unsubscribe" when V-safe sends you an email. You can also opt back in by changing your preferred method of contact, found in your user profile. **Your personal information in V-safe is protected so that it stays confidential and private.***

How can I enroll my dependent?

To enroll a dependent in V-safe, **add them to your existing account,** or create a new account if you don't have one yet. Enrolling a dependent does not require you to enter your own vaccination information or complete health check-ins for yourself.

Need step-by-step instructions? Go to: www.cdc.gov/vsafe

*****V-safe** gathers data employing strict security measures appropriate for the data's level of sensitivity. These measures comply, where applicable, with the following federal laws including the Privacy Act of 1974, standards enacted that are consistent with the Health Insurance Portability and Accountability Act of 1996 (HIPAA), the Federal Information Security Management Act, and the Freedom of Information Act.

Sign up with your smartphone, tablet, or computer at vsafe.cdc.gov

OR

Aim your smartphone's camera at this code

Need help with V-safe?

Call
1-833-748-1979

Email
CARS_HelpDesk@cdc.gov

Visit
www.cdc.gov/vsafe