

# Sign up for V-safe! CDC wants to know how you feel after vaccination.

## What is V-safe?

V-safe is a vaccine safety monitoring system that lets you tell CDC how you feel after a vaccination by completing short check-ins by text message or email. V-safe is available for several vaccines. Your personal information in V-safe is protected so that it stays confidential and private.\*

## V-safe features:

- Receive links to check-ins via text message or email after vaccination.
- Enroll your dependents and complete check-ins on their behalf.
- Share how you feel after getting an additional dose of a vaccine.

## How can I sign up, and how does it work?

Go to [vsafe.cdc.gov](https://vsafe.cdc.gov) to sign up. If you are eligible, follow the prompts to enroll in V-safe check-ins. You'll get a link to a check-in every day during the first week after vaccination and then one check-in per week for 5 more weeks. Each check-in takes 2 minutes or less to complete. Completing check-ins and sharing how you feel, even if you don't experience side effects after vaccination, helps CDC's vaccine safety monitoring efforts.

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.

## 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](https://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](https://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](mailto:CARS_HelpDesk@cdc.gov)

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

