

Which arm is best for COVID-19 vaccine shot?

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As more Arizonans start to become eligible for their second COVID-19 vaccine, some wonder if they should be asking the healthcare workers administering the shots to inject them in a different location than their first dose.

FULL COVERAGE: COVID-19 vaccine in Arizona

Arizona Medical Association President Dr. Ross Goldberg says that isn't necessary.

"I have not heard anything making a difference," in relation to where a patient is injected, he says.

He does suggest that if a patient is right-handed, they consider having the shot administered in their left arm and vice versa in case they experience any soreness.

"If you're worried about it and your more dominant handed, yeah it doesn't hurt to get it in the other arm, just in case," says Goldberg.

He says he received both doses in the exact same area.

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