



After You Receive Your Vaccine

Congratulations on taking an important step in the fight against COVID-19 by getting vaccinated. Here are some important steps to take in the days and weeks ahead.

Watch for Side Effects

Anyone receiving the COVID-19 vaccination may develop a range of side effects, many of which are expected and may indicate that your body is appropriately responding to the vaccine by developing an immune response to protect you in the future. Note that these side effects may be more pronounced after the second dose of vaccine. If you experience any side effects, the chart below provides guidance on what you should do and how your experience may impact your work.

If In the 48 Hours After Your Vaccination, You Experience:	Action to Take:	Impact on Your Job:
Fever (temperature of 100.4 degrees or higher)	<ul style="list-style-type: none"> • Call Employee Health • Remain out of work pending Employee Health clearance • If fever persists longer than 48 hours, you may be tested for COVID-19 	Restricted from work; time off covered up to 48 hours.
Moderate to severe symptoms of fatigue, muscle pain, or headache which interfere with your daily activities. <i>Under normal circumstances, you would <u>not</u> feel well enough to work.</i>	<ul style="list-style-type: none"> • Call Employee Health • Remain out of work pending Employee Health clearance • If symptoms persist longer than 48 hours, you may be tested for COVID-19 	Restricted from work; time off covered up to 48 hours.
Mild symptoms of fatigue, muscle pain or headache which do not interfere with daily activities. <i>Under normal circumstances, you would feel well enough to work.</i>	None	No work restrictions
Arm pain, soreness, redness, or inflammation around the injection site	None	No work restrictions
Other symptoms <i>**These symptoms are not expected from the vaccine**</i>		
New or worsening cough, shortness of breath, diarrhea, or sore throat and/or loss of taste or smell	<ul style="list-style-type: none"> • Call Employee Health • Remain out of work pending Employee Health clearance • You will need to be tested for possible COVID-19 infection 	Restricted from work; time off covered while test is pending (up to 48 hours).

What to do if you had a severe reaction

If you experienced a severe reaction to the COVID-19 vaccine such as: anaphylaxis, difficulty breathing, low blood pressure or required administration of an epinephrine (EpiPen), you should not receive the 2nd dose of your COVID-19 vaccine or another type of mRNA COVID-19 vaccine (Pfizer BioNTech or Moderna). If you have any questions or concerns about receiving your 2nd dose of vaccine please contact Employee Health or your primary healthcare provider.

Continue to Follow Safety Practices

Like other vaccines, the COVID-19 vaccine is extremely effective. However, it will take several months for enough people to be vaccinated before we can begin to ease our reliance on basic safety practices. Therefore, we all must continue to wear appropriate personal protective equipment (PPE), wear a mask, stay at least 6 feet apart from others whenever possible, and clean hands frequently. Following these simple steps significantly helps to reduce the spread of COVID-19 and other viral illnesses.

Consider Enrolling in v-safe

V-safe is a voluntary, smartphone-based tool offered by the Centers for Disease Control and Prevention (CDC). Through text messaging and web surveys, v-safe allows you to report any side effects you may experience and receive personalized health check-ins. To learn more, visit vsafe.cdc.gov. Please note that this tool is not a substitute for reporting any symptoms you develop after vaccination to Employee Health.