

SHOULD I GO TO SCHOOL OR WORK IF I HAVE SIDE EFFECTS?	
Symptoms	Suggested approach
Cough Shortness of breath Runny nose (not explained by allergies) Sore throat Loss of taste or smell	<p>Any of these symptoms are unlikely to be from vaccine.</p> <p>Students and/or staff should NOT report to school/work pending evaluation for possible causes, including Covid-19 infection, as appropriate.</p> <p>Criteria for return to school/work depends on the suspected or confirmed diagnosis.</p>
Fever of 100.4°F or above Fatigue Headache Nausea Chills Myalgia (muscle pain) Arthralgia (joint pain) Localized redness/soreness at injection site (may last several days)	<p>Any of these symptoms may be from vaccine. These have been reported in VAERS.</p> <p>May go to school/work if:</p> <ol style="list-style-type: none"> 1) Feel well enough AND 2) Are afebrile and symptoms are limited only to those observed following COVID-19 vaccination (i.e., do not have other signs and symptoms of COVID-19 including cough, shortness of breath, sore throat, or change in smell or taste). <p>If symptoms are not improving or persist for more than 2 days, they should call their healthcare provider. Pending further evaluation, they should be excluded from school/work and viral testing should be considered. If an infectious etiology is not suspected or confirmed as the source of their fever, they may return when they feel well enough.</p>

Resources

“Benefits of Getting Covid-19 Vaccine”: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fvaccine-benefits.html

“Getting Your Child Ready for the Vaccine”: <https://healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Getting-Your-Child-Ready-for-the-COVID-19-Vaccine.aspx>

“Be Safe After You Vaccinate”: <https://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/documents/Be%20Safe%20After%20You%20Vaccinate.pdf>

“What to Expect after Getting a Vaccine”: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/321466-A_FS_What_Expect_COVID-19_Vax_Final_12.13.20.pdf

Pfizer Vaccine Emergency Use Authorization Fact Sheet: <https://www.fda.gov/media/144414/download>

Moderna Vaccine Emergency Use Authorization Fact Sheet: <https://www.fda.gov/media/144638/download>

Johnson & Johnson Vaccine Emergency Use Authorization Fact Sheet: <https://www.fda.gov/media/146305/download>