Should I go to work if I have side effects from the COVID-19 vaccine?

Symptoms	Suggested approach
Cough **Shortness of breath** **Runny nose (not explained by allergies)** **Sore Throat** **Loss of taste or smell**	Any of these symptoms **are unlikely** to be from vaccination. Staff should **NOT** report to work and contact the nurse in their building
Fever of 100.4 of above **Fatigue** **Headache** **Chills** **Muscle pain** **Joint pain** **Localized redness/soreness at injection side (may last several days)**	Any of these symptoms may be from vaccination. May go to work if: 1. Feel well enough AND 2. Are fever free 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). If symptoms are not improving or persist for more than 2 days, they should call their healthcare provider and contact the nurse in their building.

Resources

"Benefits of Getting Covid-19 Vaccine"

"Be Safe After You Vaccinate"

"What to Expect after Getting a Vaccine"

Pfizer Vaccine Emergency Use Authorization Fact Sheet

Moderna Vaccine Emergency Use Authorization Fact Sheet

Johnson & Johnson Vaccine Emergency Use Authorization Fact Sheet

Video Resources:

The mRNA Vaccine is like a Cookie Recipe | Northern Light Health

Webinar: Covid 19 Vaccine: Helping to Educate Maine