

# Vaccine Side effects

Side effects (most common to least): injection site pain, fatigue, headache, muscles aches, chills, joint aches, nausea or vomiting, fever

- Usually occur 24-48h after vaccination and last 1 day on average
  - More common after 2<sup>nd</sup> dose
  - More common in younger vs. older people
  - 40-80% of people get some of these and they are mild to moderate
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- **Shelters should consider and share their policies regarding allowing guests to stay-in the day or two after the vaccine, if they are experiencing moderate to severe side effects.**

# Vaccine Side effects

## Who is likely to miss work?

In table below, from Moderna study, people with “**severe symptoms**” include those with fever > 102.2F (39.0 C) or other symptoms significant enough to miss work.

Severe symptoms after second dose	Overall	Among age 18-64	Among age 65+
Any severe symptom	~10-18%	17.4%	10%
Fatigue	~10%	10.6%	6.9%
Muscle aches	~10%	10%	5.6%
Joint ache	~5%	5.8%	3.4%
Headache	~5%	5.0%	3.0%
Fever	~1%	1.6%	0.5%
Chills	~1%	1.5%	0.8%
Nausea/vomiting	~0.1%	0.1%	0.3%

# Employee Health: Recommendations for staff actions after vaccination

Status	No side effects	Mild side effects		Severe side effects
Description	Feel well	Feverish, temperature < 101 F, injection site pain, mild fatigue, mild muscle aches, or minor headaches <b>developed within 48hr of vaccination</b>	Feverish, temperature < 101 F, injection site pain, mild fatigue, mild muscle aches, or minor headaches that <b>persist longer than 48hr after vaccination</b>	Fever 101 F or above, severe muscle pain, or severe headaches
Work	Continue to work (proper PPE)	May continue to work (proper PPE)	May continue to work (proper PPE) and should contact your occupational health unit/coordinator	Stay home and contact your occupational health unit/coordinator
Quarantine	No	No		Stay home and contact your occupational health unit/coordinator. <b>You will need to be tested.</b>

**Typical side effects occur in the first 48h. If symptoms last more than 48 hours please contact the your occupational health unit/coordinator.**

Source: BMC HealthNet

# Employee Health: Recommendations for staff actions after vaccination

## **Determine a return to work strategy for vaccinated staff with side effects**

Should staff plan to use sick/vacation time; can they go negative on their sick time?

# Safety: Implement an adverse effects reporting system

Educate staff on the importance of reporting adverse events. Let them know if/when they are supposed to contact anyone at your site about adverse effects. During vaccination clinics they can learn about the following CDC/FDA resources for reporting adverse effects.

## CDC/FDA Resources:

VAERS: Vaccine Adverse Event Reporting System

- Submit a report online at [vaers.hhs.gov](https://vaers.hhs.gov)
- [Video Instructions](#)

V-SAFE after vaccination health checker

- Smartphone app that utilizes text messages and surveys to complete health check-ins after vaccination
- Provides reminders for 2<sup>nd</sup> dose
- [Registration Instructions](#) – includes step by step with photos