After COVID Vaccination Tip Sheet for Employees

Understanding symptoms after COVID-19 vaccination, what to do, and return to work requirements for employees

We ask that you complete the Mass General Brigham COVID Vaccine Symptom Check tool which you can access on COVID Pass or at vaccinecheck.massgeneralbrigham.org for the three days following each vaccination. When you complete the survey, you will be provided guidance based on any symptoms or reactions you may experience.

<table>
<thead>
<tr>
<th>After vaccination symptoms</th>
<th>How common is this symptom?</th>
<th>What to do</th>
<th>Work restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Within 3 days of the vaccination, counting the day of vaccination as day 1</strong></td>
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<tr>
<td>Local injection site reaction only (i.e., redness or swelling at the injection site)</td>
<td>Very common – expected in 8 of 10 employees</td>
<td>Complete the symptom check. Check survey link in COVID Pass or vaccinecheck.massgeneralbrigham.org.</td>
<td>None; continue to work</td>
</tr>
<tr>
<td>Mild allergic symptoms (i.e., itching, rash but NOT hives) that occur after observation period</td>
<td>Uncommon</td>
<td>Complete the symptom check. Check survey link in COVID Pass or vaccinecheck.massgeneralbrigham.org.</td>
<td>None; continue to work</td>
</tr>
<tr>
<td>More severe allergic reactions including hives, swollen lips, tongue, eyes, or face, wheezing, chest tightness, or shortness of breath</td>
<td>Very rare</td>
<td>If you develop trouble breathing, swelling in your mouth or throat, or wheezing, please call 911 or go to the nearest Emergency Department immediately. For other symptoms, complete the symptom check. Check survey link in COVID Pass or vaccinecheck.massgeneralbrigham.org. You will be instructed to page an allergy specialist when appropriate (Partners paging directory #48249 or ITCHY; see table footnote for how to send a page)*</td>
<td>Any work restrictions will be based on this evaluation of these symptoms.</td>
</tr>
</tbody>
</table>

*How to Page at Mass General Brigham
- Using a web browser, go to the Partners (Mass General Brigham) Telephone Directory: https://ppd.partners.org/
- Enter 48249 in the "Search for:" text box. Then press enter or select the search button.
- Click on the phone number link (displayed in the last column)
- Complete the message fields including your call back number, name, and message
- Select the "Send Page" button --> your message will then be sent.
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| **Within 3 days of the vaccination, counting the day of vaccination as day 1**

Mild to moderate symptoms, including the following:
1. feeling feverish but temp less than 101F (38.3C)
2. mild to moderate headache
3. new mild to moderate fatigue (sense of feeling tired)
4. mild to moderate myalgias (muscle aches)
5. mild to moderate arthralgias (joint pains)

Very common
Complete the symptom check. Check survey link in COVID Pass or [vaccinecheck.massgeneralbrigham.org](http://vaccinecheck.massgeneralbrigham.org). You will be directed to obtain a test for COVID-19 if these symptoms last for more than 24 hours in total. You can continue to work while this test is pending.

No restrictions

Severe symptoms, including the following:
1. fever 101F (38.3C) or greater or
2. severe headache or
3. severe fatigue (sense of feeling tired) or
4. severe myalgias (muscle aches) or
5. severe arthralgias (joint pains) or

Uncommon
Complete the symptom check. Check survey link in COVID Pass or [vaccinecheck.massgeneralbrigham.org](http://vaccinecheck.massgeneralbrigham.org). You will need to be evaluated for possible reaction to the vaccine or COVID-19 infection.

You cannot work on site while this evaluation is ongoing.

Any other new or progressive symptoms consistent with COVID-19:
- sore throat
- new cough
- new nasal congestion or new runny nose
- new loss of smell or taste
- shortness of breath

Use COVIDPass as you do normally.

You cannot work on site while this evaluation is ongoing.

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| **More than 3 days after vaccination, counting the day of vaccination as day 1**

Any symptoms consistent with COVID-19
- fever or feeling feverish
- sore throat
- new cough
- new nasal congestion or new runny nose
- muscle aches
- new loss of smell or taste
- shortness of breath

Use COVIDPass as you do normally.

You cannot work on site while this evaluation is ongoing.