
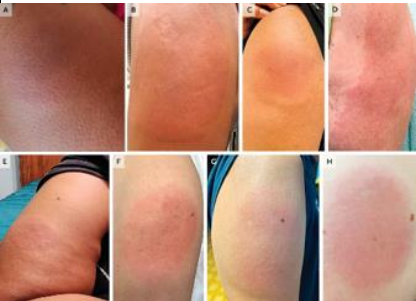



## COVID-19 Vaccine Reaction & Symptom Information

People can have different reactions to vaccines. Most reactions are mild and get better within a few hours or a day or two after your vaccination. This sheet provides an overview of potential reactions.

<b>Common side effects</b>			
<b>Reaction</b>	<b>Is this normal? What should I do?</b>	<b>When should I worry?</b>	<b>Pfizer/Moderna - Can I get this vaccine again?</b>
Symptoms like fever, chills, muscle aches, fatigue, headache 	This is normal. It can start within 24 hours of getting the vaccine. It can last for 2 or 3 days.  You can take acetaminophen or ibuprofen, as needed to help with these symptoms.	<p><b><u>If you are NOT a Mass General Brigham employee:</u></b>                      If you have any of the symptoms below, please contact your provider for further advice, as you may need a COVID-19 test:</p> <ul style="list-style-type: none"> <li>• A high fever</li> <li>• Symptoms lasting <u>more</u> than a few days</li> <li>• Symptoms that could be from COVID-19 (like a new sore throat, cough, nasal congestion, runny nose, loss of smell or taste, or shortness of breath)</li> <li>• A new exposure to someone who has COVID-19</li> </ul> <p>If you have an upcoming visit, procedure, or surgery and are having symptoms please let your care team know.</p> <p><b>Mass General Brigham Employees see page 3.</b></p>	You can get another dose at the appropriate time with the standard 15 minutes of monitoring.
Redness, swelling, and/or itching where you got the vaccine 	This is normal. It can be very large. This usually lasts for 2 or 3 days but can last as long as 7 days. It can also start 7–10 days after your vaccine. You may get swelling in the armpit of the arm you got the vaccine. This should get better on its own within 7 days.  If there is itching, you can take an antihistamine (like diphenhydramine). If there is pain, you can take acetaminophen. Ice can be helpful for swelling.	If the redness and swelling stay at the site you got vaccinated and you have no other symptoms of allergic reaction ( <b>see page 2</b> ), then you do not need to see or talk to anyone.  If you also have any allergy symptoms, <b>see page 2</b> for guidance.  If the swelling in your armpit lasts longer than 7 days, you should contact your provider.	As long as you have no allergic symptoms, you can receive another dose of vaccine at the appropriate time. You should get any additional required doses with the standard 15 minutes of monitoring.

<b>Allergic reactions</b>			
	<b>What are the symptoms?</b>	<b>When should I worry?</b>	<b>Pfizer/Moderna - Can I get this vaccine again?</b>
<b>Mild allergic reactions</b>	<ul style="list-style-type: none"> <li>• Hives, itching, rash (except where you got the vaccine)               <ul style="list-style-type: none"> <li>➤ You can take an over the counter antihistamine, such as diphenhydramine 50mg or cetirizine 10mg as directed on package labeling.</li> </ul> </li> </ul>	<p>If this occurs <u>within 4 hours</u> of your vaccine, please contact your provider.</p> <p>*Mass General Brigham Employees see page 3</p>	<p>You should be evaluated by a doctor to determine whether you can receive another dose at the appropriate time. You may need skin testing.</p>
		<p>If this occurs <u>more than 4 hours</u> after your vaccine and you develop other allergic symptoms (see below) seek emergency care. If you do not develop further symptoms but are concerned, please contact your provider.</p> <p>*Mass General Brigham Employees see page 3</p>	<p>If you don't develop any other allergic symptoms, you can get another dose of vaccine at the appropriate time but should be monitored for 30 minutes.</p>
<b>Severe allergic reactions (anaphylaxis)</b> 	<ul style="list-style-type: none"> <li>• Swelling of lips, face, eyes, tongue</li> <li>• Nausea/throwing up or belly pain</li> <li>• Tightness in throat or difficulty swallowing</li> <li>• Persistent difficulty breathing or shortness of breath</li> <li>• Cough or wheezing</li> <li>• Dizziness or lightheadedness</li> </ul>	<p>For most people, this usually occurs immediately after the vaccination – within 15 minutes. You will be monitored at the vaccine clinic during that time.</p> <p>If you have these symptoms after you go home, please contact your provider or seek emergency care.</p> <p>*Mass General Brigham Employees see page 3</p>	<p>You should be evaluated by a doctor to determine whether you can receive another dose at the appropriate time. You may need skin testing.</p>

**If I had a local reaction or symptoms (fever, fatigue, chills, muscle aches) to a dose of vaccine, should I take medications before another dose?** Not unless directed by your doctor. It is not recommended to take these before your additional required doses to prevent these symptoms from occurring again. Medications for fever or pain can be taken for these symptoms if needed. We do not know what happens to your immune response to the COVID-19 vaccine if you take these medications after getting it.

**For vaccines that require additional doses, please make every effort to receive additional doses of recommended vaccine on the day and time we have scheduled for you.** If you need to reschedule your appointment, you can reschedule on Patient Gateway (our online patient portal).

**For Mass General Brigham employees only**

## After vaccination reaction/symptoms guidance for employees

For post-vaccination allergy concerns, MGB Employees should call Occupational Health Central Services at 617 724-8100.

### Within 3 days of the vaccination, counting the day of vaccination as day 1

Reaction	What to do	Work restrictions
<p>Mild to moderate symptoms, including any the following:</p> <ol style="list-style-type: none"> <li>1. feeling feverish but temp less than 101F (38.3C)</li> <li>2. mild to moderate headache</li> <li>3. new mild to moderate fatigue (sense of feeling tired)</li> <li>4. mild to moderate myalgias (muscle aches)</li> <li>5. mild to moderate arthralgias (joint pains)</li> </ol> <p><b>These are very common</b></p>	<p>You must get tested for COVID if these symptoms last for more than 24 hours in total. Options for testing include:</p> <ul style="list-style-type: none"> <li>• Schedule a test via COVID PASS in an MGB Employee Self-Testing center if offered by your site or at MGB Testing site (please select elective testing as reason for testing).</li> <li>• If you are unable to schedule testing through COVID Pass, please call the Occupational Health Hotline at 617-724-8100 to schedule testing</li> <li>• Alternatively, you can test (PCR/NAAT are the only acceptable tests) at any non-MGB testing site listed on mass.gov, accessible here, and submit your results to PHSOHSCOVID19@partners.org</li> </ul>	<p>No restrictions You may continue to work on site or remotely while waiting for the COVID test results.</p>
<p>Severe symptoms, including any of the following:</p> <ol style="list-style-type: none"> <li>1. fever 101F (38.3C) or greater</li> <li>2. severe headache</li> <li>3. severe fatigue (sense of feeling tired)</li> <li>4. severe myalgias (muscle aches)</li> <li>5. severe arthralgias (joint pains)</li> </ol> <p>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</p> <p><b>These are uncommon</b></p>	<p>You will need to be evaluated for possible reaction to the vaccine or COVID-19 infection. You must get tested for COVID</p> <ul style="list-style-type: none"> <li>• Please call the Mass General Brigham Occupational Health Hotline at 617-724-8100 to schedule testing and follow-up.</li> <li>• Alternatively, you can test (PCR/NAAT are the only acceptable tests) at any non-MGB testing site listed on mass.gov, accessible here, and submit your results to PHSOHSCOVID19@partners.org</li> </ul>	<p>You cannot work on site while this evaluation is ongoing.</p>

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

<p>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</p>	<p>Use COVID Pass as you do normally.</p>	<p>You cannot work on site while this evaluation is ongoing.</p>
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