

# COVID-19 VACCINE

## What to expect after your vaccination?

Like many other vaccines, the COVID-19 vaccine can cause mild to moderate symptoms related to the induced immune response. (Note: The vaccine itself contains genetic material from the virus but does NOT cause actual COVID infection in its recipients).

Due to the high incidence of COVID in our community, it is possible, however, to coincidentally become infected with COVID due to exposure around the same time you receive the vaccine.

It is, therefore, important to understand the difference between expected vaccine side effects and symptoms that are more worrisome for COVID infection itself.

### **Common side effects of the COVID-19 vaccine:**

- Pain or swelling over the injection site
- Fatigue
- Headache
- Chills
- Muscle or joint aches

These symptoms are usually mild to moderate and are seen within the first 3 days of vaccination (with most occurring the day after vaccination). Individuals with these symptoms alone may report to work if they feel well enough to fulfill their job duties. A cool compress can be used for local pain and discomfort. Acetaminophen or ibuprofen can be taken for relief of more systemic symptoms. If these symptoms last beyond the first 3 days of vaccination, individuals should seek medical attention as below.

### **Symptoms that are NOT expected from the vaccine:**

Note: These symptoms could suggest COVID infection.

- Fever (Temp >100.0)
- Cough
- Shortness of breath
- Runny nose
- Sore throat
- Loss of taste or smell

Individuals with these symptoms should NOT report to work (or if at work they should be sent home ASAP) and should notify their manager who will notify Employee Health. These individuals should also seek prompt medical evaluation and consideration for COVID testing.

### **If medical evaluation is needed:**

Employees with a St. Luke's Primary Care Provider (PCP) should contact their PCP.

Employees who do not have a St. Luke's PCP should call:

St. Luke's Internal Medicine Easton at 484-822-5205,  
or St. Luke's Family Medicine Easton at 484-822-4250.