

# Can I go to work after my COVID-19 vaccine?

After you get shot 1 or 2, watch for symptoms and follow the steps below. Don't be surprised if you feel bad after your shot. Your side effects may be worse after your second shot, or after either shot if you've already had COVID-19.

<p><b>No symptoms or vaccine site symptoms only:</b></p> <p>redness, pain, or swelling in the arm where you got your shot.</p>	<p><b>New onset of ANY of these symptoms:</b></p> <ul style="list-style-type: none"><li>• chills</li><li>• muscle aches</li><li>• headache</li><li>• fever of 100°F (37.7°C) or higher.</li></ul> <p>You should drink plenty of fluids, and if your provider says it's safe, you may take over-the-counter medicine (acetaminophen or ibuprofen).</p>		<p><b>New onset of ANY of these symptoms:</b></p> <ul style="list-style-type: none"><li>• loss of taste or smell</li><li>• cough</li><li>• sick stomach, throwing up, or diarrhea</li><li>• shortness of breath</li><li>• upper respiratory symptoms, including congestion, and sore throat.</li></ul>
<p>↓</p> <p><b>Can go to work</b></p> <ul style="list-style-type: none"><li>• These signs are a reaction to the vaccine.</li><li>• If they don't get better, talk to your provider.</li></ul>	<p>↓</p> <p><b>Can go to work</b></p> <ul style="list-style-type: none"><li>• If signs start within 48 hours and last no more than 48 hours, they may be a reaction to the vaccine.</li><li>• You can go to work.</li></ul>	<p>↓</p> <p><b>Go to a VUMC assessment site for COVID test</b></p> <ul style="list-style-type: none"><li>• If signs last more than 48 hours or start 48 hours after vaccine, they're not likely a reaction to vaccine.</li><li>• Do not go to work.</li></ul>	<p>↓</p> <p><b>Go to a VUMC assessment site for COVID test</b></p> <ul style="list-style-type: none"><li>• These signs are not likely a reaction to the vaccine.</li><li>• Do not go to work.</li></ul>

**Keep following all COVID-19 safety guidelines, including wearing a mask and social distancing.**

- We encourage you to register for V-safe. It's a smartphone tool made by the Centers for Disease Control and Prevention (CDC). The tool is a great way to help us all learn more about the vaccine. To register: [Vsafe.cdc.gov](https://Vsafe.cdc.gov).
- If you have an allergic or other reaction not listed above, let us know. Fill out Occupational Health's REDCap survey: [Redcap.vanderbilt.edu/surveys/?s=PF3L4MTYXF](https://Redcap.vanderbilt.edu/surveys/?s=PF3L4MTYXF)