

Guide to Vaccinating Essential Workers in Manufacturing/Business

As we wait on the increased supply of COVID-19 vaccines, this guide provides recommendations for preparing your employees to receive the COVID-19 vaccine.

The following sections are included in this guide:

1. Which groups of essential workers do you want to target first? The CDC and ADPH recommend creating a tiered hierarchy of your employees by risk of exposure as generally described by the ADPH vaccination distribution plan.
2. Key things to know about the COVID-19 vaccine
3. Promote vaccine confidence among employers and workers. This section includes CDC resources for building vaccine confidence among your employees.

Thank you for your patience as we wait for increased vaccine supplies.

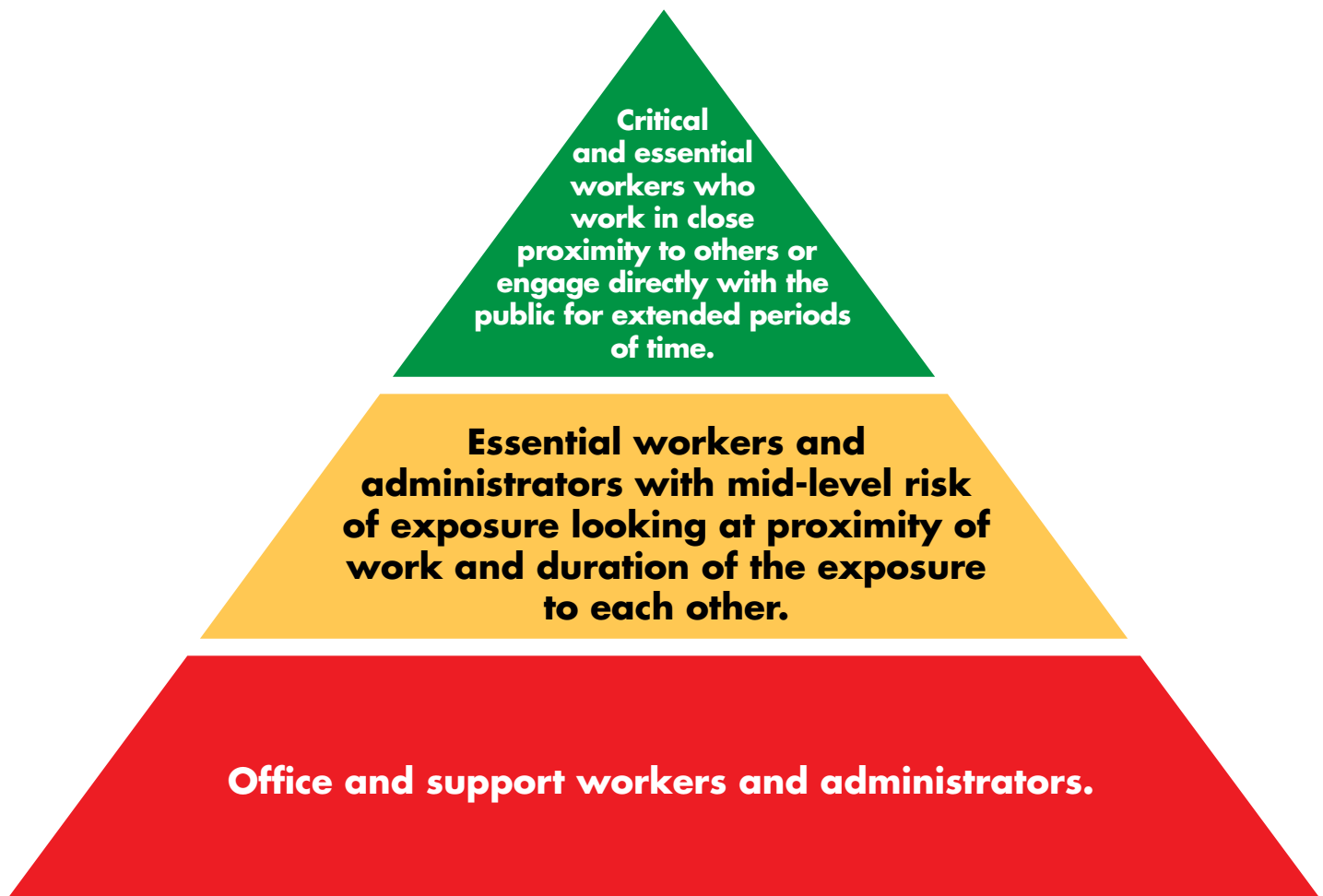


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1. How to prioritize your employees by risk of exposure to COVID-19

The CDC recommends considering risk of employees by looking at:

- **Distance between workers** – Manufacturing workers often work close to one another on production or assembly lines. Workers may also be near one another at other times, such as when clocking in or out, during breaks, or in locker/changing rooms.
- **Duration of contact** – Manufacturing workers often have prolonged closeness to coworkers (e.g., for 8–12 hours per shift). Continued contact with potentially infectious individuals increases the risk of SARS-CoV-2 transmission.
- **Type of contact** – Manufacturing workers may be exposed to the infectious virus through respiratory droplets in the air—for example, when workers in a plant who have the virus cough or sneeze. It is also possible that exposure could occur from contact with contaminated surfaces or objects, such as tools, workstations, or break room tables. Shared spaces such as break rooms, locker rooms, and entrances/exits to the facility may contribute to their risk.



- **Other distinctive factors that may increase risk among these workers include:**
 - A common practice at some workplaces of sharing transportation such as ride-share vans or shuttle vehicles, car-pools, and public transportation
 - Frequent contact with fellow workers in community settings in areas where there is ongoing community transmission
 - Employee risk factors – which workers face heightened risk due to chronic illness or age?

2. Key Things to Know About the COVID vaccine:

***Avoid Worker Shortages due to Vaccine Side Effects**

Whether workers are vaccinated off-site in the community or at an on-site vaccination clinic, consider the side effects that could possibly occur after vaccines are administered.

The CDC and ADPH recommend that businesses may want to consider staggering employee vaccination appointments to avoid staff shortages due to vaccine side effects.

Most data from the COVID-19 vaccine trials indicate that most side effects are mild and occur the first two days after the vaccine is administered. For the Moderna and Pfizer vaccines, side effects are more frequent and severe following the second dose of these vaccines.

Attached on page 5 is the CDC flier –

What to Expect after Getting a COVID-19 Vaccine

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

• It Takes Time to Build Protection after Vaccination.

Please let staff know that they are considered fully vaccinated two weeks after their second shot of the Pfizer and Moderna COVID-19 vaccines or two weeks after the single dose of the Johnson & Johnson COVID-19 vaccines.

• Public Places Still Require Precautions after being Fully Vaccinated.

There is still much to learn about how COVID vaccines will affect the spread of the COVID-19 virus. The CDC is still recommending taking precautions in public places after you have been fully vaccinated --- wear a mask, stay 6 feet apart from others, and avoid crowds and poorly ventilated spaces until more is known.

Variants of the COVID-19 virus are also emerging. More information is needed before we understand how these variants will impact fully vaccinated people.

3. Promote vaccine confidence among employers and workers.

This section includes CDC resurces for building vaccine confidence among your employees.

The CDC has put together a toolkit for Essential Workers COVID-19 Vaccine Toolkit:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/toolkits/essential-workers.html>

At the CDC link above – Customizable COVID-19 Vaccine Content for Essential Workers.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/essentialworker/workplace-vaccination-program.html>

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Moderna and Pfizer mRNA - How It Works (attached on page 6)

https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/COVID-19-mRNA-infographic_G_508.pdf

Johnson & Johnson - How It Works (attached on page 7)

https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/COVID-19-viral-vector-infographic_D_FINAL-508_030621.pdf

What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Common side effects

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Throughout the rest of your body:

- Tiredness
- Chills
- Headache
- Fever
- Muscle pain
- Nausea

Helpful tips

If you have pain or discomfort after getting your vaccine, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may affect your ability to do daily activities, but they should go away in a few days.
- With some COVID-19 vaccines, you will need 2 shots in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get it.
- You will only need 1 shot of the viral vector COVID-19 vaccine, Johnson & Johnson's Janssen COVID-19 Vaccine.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until about two weeks after your second shot. For COVID-19 vaccines that require 1 shot, it takes about two weeks after vaccination for your body to build protection.
- After you are fully vaccinated, you may be able to start doing some things you had stopped doing because of the pandemic. Visit CDC's website for the latest recommendations. www.cdc.gov/coronavirus/vaccines.



Ask your vaccination provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose

Learn more about v-safe.
www.cdc.gov/vsafe

HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is ____°F or ____°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: _____

Healthcare provider phone number: _____

Medication (if needed):

Take _____ every ____ hours as needed.
(type and dose or amount)



cdc.gov/coronavirus

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.

The vaccine **DOES NOT** contain **ANY** virus, so it cannot give you COVID-19. It cannot change your DNA in any way.

When your body responds to the vaccine, it can sometimes cause a mild fever, headache, or chills. This is completely normal and a sign that the vaccine is working.

After the mRNA delivers the instructions, your cells break it down and get rid of it.

Antibody

GETTING VACCINATED?

For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



How Viral Vector COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

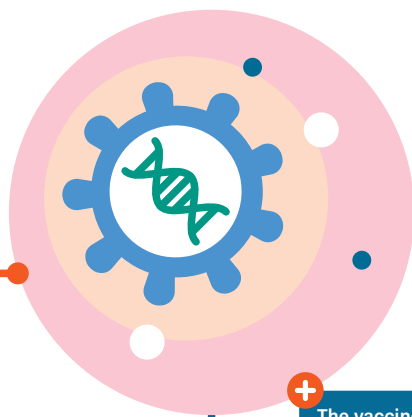
Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is a viral vector vaccine?

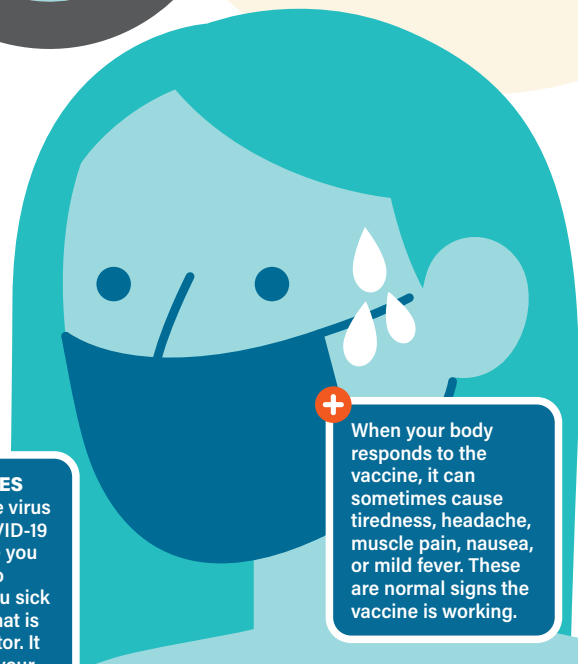
A viral vector vaccine uses a harmless version of a different virus, called a "vector," to deliver information to the body that helps it protect you.

How does the vaccine work?

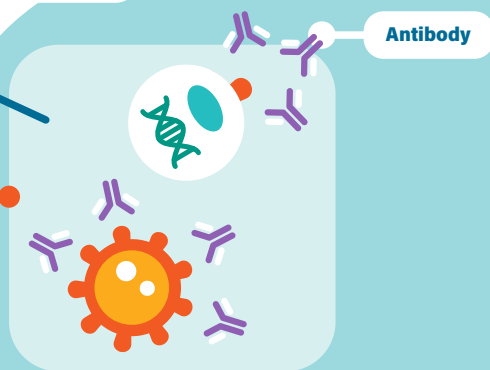
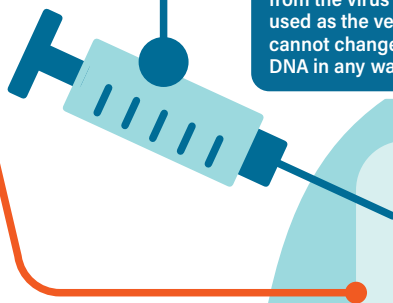
The vaccine teaches your body how to make copies of the **spike proteins**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



+ The vaccine **DOES NOT** contain the virus that causes COVID-19 and cannot give you COVID-19. It also cannot make you sick from the virus that is used as the vector. It cannot change your DNA in any way.



+ When your body responds to the vaccine, it can sometimes cause tiredness, headache, muscle pain, nausea, or mild fever. These are normal signs the vaccine is working.



GETTING VACCINATED?

For information about COVID-19 vaccine, visit [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)

