

COVID-19 Vaccine Resources

Child Care Providers



This resource is designed to offer Oregon child care providers an overview of information about COVID-19 vaccines. You can also find more information on the Oregon Health Authority COVID-19 vaccine website at <https://covidvaccine.oregon.gov/>.

How to Stop COVID-19 Spread

You can help stop the spread of the virus by getting a COVID-19 vaccine. To help control the pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent the disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed.

In addition to getting vaccinated, it is important to continue to wear face coverings, stay six feet apart, wash your hands regularly, and avoid large gatherings.

At this time, the Oregon Health Authority (OHA) does not require COVID-19 vaccinations for any group of people or in any workplace setting. However, having more people vaccinated will help control the spread of the virus in our communities.

COVID-19 Vaccine Safety

A global effort of scientists, research institutions, government, and business have succeeded in developing safe and effective vaccines for COVID-19. The vaccines used in Oregon have been tested on many thousands of people, including Oregonians. The testing was done on people from many backgrounds, ages, and communities of color.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. The vaccines are reviewed by two federal agencies: the Centers for Disease Control (CDC) and the Food and Drug Administration (FDA). These agencies reviewed all of the drug company data to ensure the vaccines are safe and effective.

If you have questions regarding your particular health status and the vaccine, you should consult with your health care provider.

At this time, only one of the vaccines (produced by Pfizer) has been tested and approved for those aged 16 to 18. Parents or legal guardians should accompany teens to vaccine events to ensure that they are receiving the Pfizer-BioNTech vaccine and not the Moderna vaccine. Currently, there is no way to schedule for a specific vaccine.

If you have questions regarding vaccination, you are encouraged to seek reliable, evidence-based information. The CDC has answered many questions regarding COVID-19 vaccines: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

Vaccine Effectiveness

There are three current vaccines that have been given Emergency Use Authorization for the prevention of COVID-19. All three (Pfizer, Moderna and Johnson and Johnson) have been shown to be safe and effective in preventing symptoms.

In order to be considered “immune” through vaccination, you must wait a minimum of 14 days after receiving your second shot for the Moderna or Pfizer vaccine, or 14 days after receiving your single shot of the Johnson and Johnson vaccine.

It’s important to remember that there will be a few people out of every hundred who receive this vaccine that will still get symptoms and will be able to pass the virus on to others. Because of this, we ask you to remain vigilant and continue with prevention measures (i.e., wearing a mask).

The COVID-19 vaccines cannot give you the virus. You can find more information about the effectiveness of the vaccines on the CDC’s website <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness.html>

Getting Your Vaccine

Early learning staff and child care workers are eligible to receive a vaccine. The vaccine is free to everyone.

You can receive a vaccine at participating [Safeway](#)/Albertson’s and [Costco](#) pharmacies. You can also receive a vaccine via your [local public health authority](#).

Find more detailed information at covidvaccine.oregon.gov; you can also email ORCOVID@211info.org, text ORCOVID to 898211, call 211 or 1-866-698-6155 for the most up-to-date information.

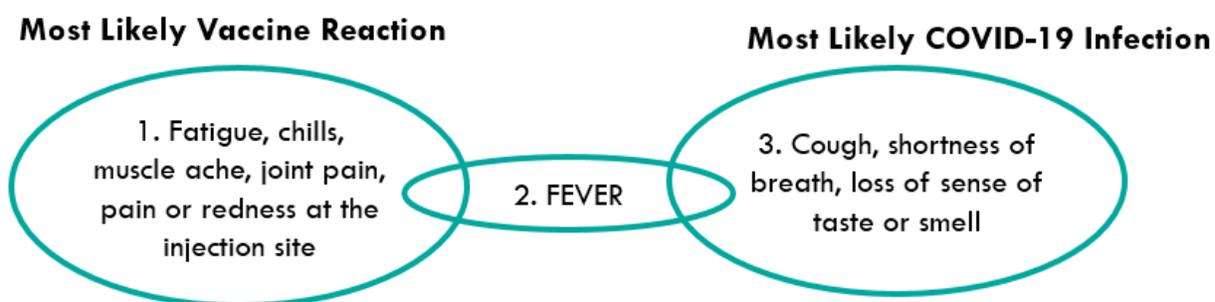
After Receiving a Vaccination

Experiencing COVID-19 Symptoms

After you receive a vaccination, you may experience some COVID-19 symptoms. According to the FDA, the most common side effects found in the COVID-19 vaccine trials included pain, redness or swelling at the injection site, fatigue, headache, chills, muscle pain and joint pain. Those symptoms could be a short-term result of the vaccine, or they could be the result of you being exposed to COVID-19 while still unvaccinated. If you received either the

first dose or the second dose in the past three days and:

1. You have symptoms of fatigue, chills, muscle ache, joint pain or redness, it is mostly likely a vaccine reaction. If you do not have a fever, you may return to work if you feel well enough to work. If you do have a fever, you should stay at home until the fever gets better.
2. Your only symptom is a fever, you should stay home until the fever gets better. If it is not better in two days, you should see a health care provider and consider getting tested for COVID-19 as you may have been exposed prior to your vaccination.
3. You have symptoms of cough, shortness of breath, or loss of taste or smell, you likely have a COVID-19 infection. You must stay home and should get tested. If no test is done, isolate for 10 days and do not return to work until symptom free for 24 hours. If you are tested and the test is negative, you may return to work after the cough resolves and you are fever free for 24 hours.



If you are experiencing symptoms and have questions, the Early Learning Division has partnered with Oregon Health & Science University to support child care providers in Oregon with a COVID-19 nurse hotline at **no cost**.

The number, 1-833-647-8222, is now available seven days a week from 8 a.m. to 8 p.m. Language assistance is available.

Quarantine

Once you have received both doses of the vaccine and two weeks or more have passed since your second dose, you **DO NOT** have to quarantine if you are exposed to a person who is positive or presumptive for COVID-19. You do need to monitor yourself for symptoms daily for 14 days. If you develop any symptoms of COVID-19 (cough, fever, shortness of breath, loss of sense of taste or smell), you must follow all required requirements for a presumptive/positive case and quarantine at home for up to 10 days. This is because the vaccine is 95% effective, so there is still a chance you have developed COVID-19.

If you have received only your first dose of the vaccine, or if you've received both but two weeks have not passed yet, you **DO** have to quarantine if you are exposed to a person who is positive or presumptive for COVID-19.

Exclusion

If you have received both doses of the vaccine and two weeks or more have passed since your second dose, and you develop COVID-19 symptoms of cough, fever, shortness of breath, or new loss of taste or smell, you DO need to be excluded from the child care. This is because the vaccine is 95% effective, and there is still a chance you have developed COVID-19. You can be tested, and if the test is negative, you can return 24 hours after symptoms resolve. If the test is positive or you do not get tested, you must be excluded from child care for the full 10 days. If you began developing symptoms after just receiving a vaccine, please refer to the section above regarding “Experiencing COVID-19 Symptoms.”

Face Coverings

After you have received the vaccination, you DO need to continue to wear a face covering. We do not know if the vaccine protects against transmission from someone with COVID-19 who is not showing symptoms. You could be fully vaccinated and not show symptoms of infection, but still able to transmit it.

Physical Distancing

After you have received the vaccination, you DO need to continue to physically distance from individuals in other child care stable groups.

Other Precautions

After you have received the vaccination, you DO need to follow these critical safety precautions in order to prevent potential transmission:

- Wash hands frequently
- Continue required cleaning and sanitizing protocols
- Minimize contact with individuals outside of your stable group

Employment and the Vaccine

At this time, OHA and the Early Learning Division do not require COVID-19 vaccinations for any group of people or workplace setting. Employment requirements fall under the Bureau of Labor and Industry (BOLI) oversight. For questions related to COVID-19, visit the BOLI website regarding vaccines at <https://www.oregon.gov/boli/workers/Pages/covid-vaccine.aspx>.

A reminder for employers: An individual’s vaccine record falls under the Health Information Portability and Accountability Act (HIPPA), which protects an individual’s health information. An employer may not be able to require their staff to provide their vaccine status but staff can provide this information voluntarily. Providers must follow health and safety guidelines for exclusion if they are unable to determine if staff are vaccinated. Consult with a legal professional if you have further questions.

If faced with decisions regarding an individual's potential quarantine due to exposure, programs should assume that staff are not fully vaccinated unless they've been shown documentation of this. If they have been exposed, they do not need to quarantine, as long as they have proof of full vaccination and it has been two weeks since they received their second vaccine dose.

For more information on vaccines, go to covidvaccine.oregon.gov, text ORCOVID to 898211 to get text/SMS updates (English and Spanish only) or email ORCOVID@211info.org.

If you can't find an answer to your COVID-19 vaccine question on the website, by text, or by email, call the call center at 211 or 1-866-698-6155, which is open 6 a.m. – 7 p.m. daily, including holidays. Please be aware that wait times may be long due to high call volumes. There is an option to get a call back rather than wait on hold (English and Spanish). Free interpretation is available for all other languages. TTY: Dial 711 or call 1-866-698-6155.

For more information on "Health and Safety Guidelines for Child Care and Early Education Operating During COVID-19," visit <https://oregonearlylearning.com/COVID-19-Resources>.