

Side Effects Caused by Coronavirus Vaccines

◆ Dealing with side effects you may experience after vaccination

Some side effects are common among those who have been vaccinated against the coronavirus, including pain and swelling in the area where the vaccine was injected, as well as fatigue, fever, and headaches. Such side effects are especially common after the second vaccination.

Symptoms usually disappear within 2 to 3 days, but if they affect you severely or if they are still present after 2 to 3 days, please contact either the “Miyagi COVID-19 Medical Consultation Center (for those who suspect they are experiencing side effects)” or a medical institution.

Antipyretic analgesics can be used to help alleviate pain and fevers, but if you are undergoing medical treatment or are pregnant, the range of medicines that you are able to take may be somewhat limited, in which case you should consult your regular doctor. You can also check the information on the Ministry of Health, Labour and Welfare’s website.

Please refrain from taking antipyretic analgesics before any symptoms appear.

- Miyagi COVID-19 Medical Consultation Center (for those who suspect they are experiencing side effects)
Phone: 050-3615-6941 (Reception Hours: a.m. 8:45 to p.m. 5:15)
E-mail: m-side-reaction@medi-staffsup.com (Reception Hours: a.m. 8:45 to p.m. 5:15)
- Coronavirus Vaccination Q&A” (in Japanese) at the Ministry of Health, Labour and Welfare’s website
<https://www.cov19-vaccine.mhlw.go.jp/qa/0007.html>

◆ Attendance at university classes or work if you have a fever after vaccination

Fevers caused by the vaccine usually develop within 3 days (including the day on which the vaccine is received), and most disappear within 1 to 2 days thereafter. It is difficult to determine whether such fevers are a side effect or are caused by a coronavirus infection, but either way, please take the following measures after you have been vaccinated.

1. If you do not have a fever but are suffering from fatigue, headache, chills, muscle pain, etc.:

If it is not confirmed that you have been in close contact with a person infected with the coronavirus within the 14-day period before the symptoms arose, you can attend university classes or work at your usual workplace.

2. If you have a fever, and also fatigue, headache, chills, or muscle aches:

- Please refrain from attending university classes or working at your usual workplace.
- You will be able to return when all of the following conditions are met:
 - You have recovered to the extent that you can go to the university or your workplace.
 - You no longer have a fever (having not taken an antipyretic within the previous 8 hours).
 - You have no symptoms that would suggest you have a coronavirus infection (cough, shortness of breath, a runny nose, a sore throat, an unusual sense of taste or smell, etc.)

* If you still have a fever after three days, take the appropriate measures as specified in the “Flow Chart of Measures to Combat the Spread of the New Coronavirus (for those in poor health)”.

3. If you are suffering from symptoms that would suggest you have a coronavirus infection (cough, shortness of breath, a runny nose, a sore throat, an unusual sense of taste or smell, etc.) regardless of whether or not you have a fever:

- Please refrain from attending university classes or working at your usual workplace.
- Assume that you are infected, and take the appropriate action as specified in the “Flow Chart of Measures to Combat the Spread of the New Coronavirus (for those in poor health)”.

◆ Measures to prevent infections after you have been vaccinated

Although it has been confirmed that the vaccine is effective in preventing the onset and worsening of coronavirus infections in those who have received it, it is not yet clear how effective the vaccine is in preventing the infection spreading to others, so those who have been vaccinated should continue to observe the following measures to help prevent the spread of infection.

* Measures to help prevent the spread of infection:

- Avoid the three C's (Closed spaces, Crowded places, and Close-contact settings).
- Wear a mask. (Because masks prevent heat from dissipating and make it difficult to breathe, it tends to be the case that the temperature of those wearing them rises, so please drink sufficient amounts of liquids and use air-conditioning to prevent heat stroke.)
- Wash your hands with soap and disinfect them with alcohol-based hand disinfectant.
- Refrain from eating or drinking with a large number of people and also refrain from doing so for long periods of time.

◆ Procedures regarding attendance at university classes or work

1. Handling of class attendance

For students who are absent from classes or regular examinations due to side effects following vaccination, ICT will be used as much as possible to provide opportunities to learn, such as through the use of recorded classes and the posting of lecture notes and materials on ISTU, etc. Supplementary examinations may also be conducted.

2. Handling of employment-related matters

Faculty members and staff who find it difficult to work due to the side effects they are experiencing (fever, fatigue, etc.) following vaccination can take special leave during which they can recover at home. (For associate staff, etc., all leave is paid except for annual leave.)

Period of special leave: 3 consecutive calendar days including the day on which the vaccine is administered.

Procedures: The relevant faculty or staff member should request leave from whoever has the right to approve such a request, such as their section chief, and should indicate the symptoms from which they are suffering. There is no need to submit a medical certificate.