Vaccine Information for Employees or Students Requesting Vaccine Accommodations
COVID-19 and Vaccine Basics
What is known about COVID-19?

- Infection with SARS-CoV-2, the virus that causes COVID-19, can result in a range of illness, from mild symptoms to severe illness and death.
- We don’t know how SARS-CoV-2 will affect each person.
- Some people, such as adults 65 and older or people with certain medical conditions, are more likely than others to become severely ill.
How to prevent COVID-19

- Wear a mask that covers your mouth and nose.
- Avoid close contact with others. Stay at least 6 feet (about 2 arm lengths) from other people.
- Avoid crowds and poorly ventilated spaces.
- Wash hands often with soap and water.
- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces daily.
- Get a COVID-19 vaccine.
COVID-19 vaccination is a safer way to build protection

- Getting the virus that causes COVID-19 may offer some natural protection, known as an antibody. But experts don’t know how long this protection lasts.

- The risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity.

- COVID-19 vaccination will help protect you by building immunity without the risk of severe illness.
Key facts about COVID-19 vaccination

- Getting vaccinated can help prevent getting sick with COVID-19.
- People who have already gotten sick with COVID-19 may still benefit from getting vaccinated.
- COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests.*


Safety of COVID-19 vaccines is a top priority

COVID-19 vaccines are being held to the **same safety standards** as all vaccines.

**Before Authorization**

- FDA carefully reviews all safety data from clinical trials.
- ACIP reviews all safety data before recommending use.

**After Authorization**

- FDA and CDC closely monitor vaccine safety and side effects. There are systems in place that allow CDC and FDA to watch for safety issues.

V-safe:  
Video on Safety from the CDC

Please click to watch this 3 minute video from the CDC about COVID-19 Vaccine Safety
COVID-19 vaccination will help protect you from COVID-19

Getting a COVID-19 vaccine...

- Will help create an immune response in your body against the virus
- May help keep you from getting severely ill, even if you do get COVID-19
What to expect before, during, and after COVID-19 vaccination

**Before**
- Learn about COVID-19 vaccines.
- See if COVID-19 vaccination is recommended for you.

**During**
- Read the fact sheet that tells you about the specific COVID-19 vaccine you receive.
- Receive a vaccination record card.

**After**
- Expect some side effects.
- Enroll in v-safe. V-safe will remind you if you need a second shot.
- Continue using all the measures to protect yourself and others.

Vaccination is one measure to help stop the pandemic

- While COVID-19 vaccines appear to be highly effective, additional preventive tools remain important to limit the spread of COVID-19.
- The combination of getting vaccinated and following CDC recommendations to protect yourself and others offers the best protection from COVID-19.
  - Cover your nose and mouth with a mask.
  - Stay at least 6 feet from people who don’t live with you.
  - Avoid crowds and poorly ventilated indoor spaces.
  - Wash your hands.
Protect yourself, your family, friends, coworkers, and your community. Get vaccinated.

- Choose to get vaccinated when it is offered.
- Participate in v-safe and help CDC monitor for any health effects after vaccination.
- Share your experience with coworkers, friends, and family.
- Know the basics about the COVID-19 vaccine. Help answer questions from your family and friends.
- Show you received the vaccine by wearing a sticker or button prominently.
Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?

- No. Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. **None of the vaccines authorized for use in the United States contain a live virus.**

- The mRNA and viral vector vaccines are the two types of currently authorized COVID-19 vaccines available.
Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

- **Yes**. If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine when one is available to you.

- **There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy**, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

- Like all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study them for many years.
Will a COVID-19 vaccine alter my DNA?

- **No.** COVID-19 vaccines do not change or interact with your DNA in any way.

- There are currently two types of COVID-19 vaccines that have been authorized and recommended for use in the United States: messenger RNA (mRNA) vaccines and a viral vector vaccine. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept. **This means the genetic material in the vaccines cannot affect or interact with our DNA in any way.** All COVID-19 vaccines work with the body’s natural defenses to safely develop immunity to disease.
After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

- No. None of the authorized and recommended COVID-19 vaccines cause you to test positive on viral tests, which are used to see if you have a current infection. Neither can any of the COVID-19 vaccines currently in clinical trials in the United States.

- If your body develops an immune response to vaccination, which is the goal, you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.
Can a COVID-19 vaccine make me sick with COVID-19?

- No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. **This means that a COVID-19 vaccine cannot make you sick with COVID-19.**

- COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19. Learn more about how COVID-19 vaccines work.

- It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it’s possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.
Getting Vaccinated
Getting Vaccinated

Where and when to get your vaccine

- Access to the COVID-19 vaccine has greatly improved in Oregon and around the country.

- The Covid-19 vaccine is free of charge wherever you receive it.

- The Health and Counseling Center can help you schedule an appointment to receive a vaccine.

- Staff: Email EHS for help scheduling a vaccine appointment at ehs@up.edu
- Students: Call or email the HCC to discuss your options:
  - hcc@up.edu
  - (503)943-7134
After Vaccination

- Continue COVID-19 prevention measures:
  - Cover your nose and mouth with a mask.
  - Stay at least 6 feet from people who don’t live with you.
  - Avoid crowds and poorly ventilated spaces.
  - Wash your hands.
  - Clean and disinfect frequently touched surfaces.

- Enroll in v-safe

- If you have questions about your health and vaccination, call your doctor, nurse, or clinic.
Who should not get a vaccine?
Who Should get a COVID-19 Vaccine

- COVID-19 vaccines may be administered to most people with underlying medical conditions. This information aims to help people in the following groups make an informed decision about receiving a COVID-19 vaccine.

- If you have questions about getting COVID-19 vaccine, you should talk to your healthcare providers for advice. Inform your vaccination provider about all your allergies and health conditions.

- People with underlying medical conditions at increased risk from COVID-19. Adults of any age with certain underlying medical conditions are at increased risk for severe illness from the virus that causes COVID-19. COVID-19 vaccines are recommended for and can be administered to most people with underlying medical conditions.
People with weakened immune systems should also be aware of the potential for reduced immune responses to the vaccine, as well as the need to continue following current guidance to protect themselves against COVID-19.
People with Other Medical Conditions

- People who have autoimmune conditions
  - People with autoimmune conditions may receive a COVID-19 vaccine. However, they should be aware that no data are currently available on the safety of COVID-19 vaccines for people with autoimmune conditions. People from this group were eligible for enrollment in some of the clinical trials. More information about vaccine clinical trials can be found below.

- People who have previously had Guillain-Barre syndrome (GBS)
  - People who have previously had GBS may receive a COVID-19 vaccine. To date, no cases of GBS have been reported following vaccination in participants in the mRNA COVID-19 vaccine clinical trials. One case of GBS was reported in a vaccinated participant in the Johnson & Johnson Janssen COVID-19 Vaccine clinical trial (compared to one GBS case among those who received placebo). With few exceptions, the independent Advisory Committee on Immunization Practices (ACIP) general best practice guidelines for immunization do not include a history of GBS as a precaution to vaccination with other vaccines.
People with Other Medical Conditions

- People who have previously had Bell’s palsy
  - People who have previously had Bell’s palsy may receive a COVID-19 vaccine. Cases of Bell’s palsy were reported following vaccination in participants in the COVID-19 vaccine clinical trials. However, the Food and Drug Administration (FDA) does not consider these to be more than the rate expected in the general population. They have not concluded these cases were caused by vaccination.
How to Protect Yourself if aren’t able to receive a COVID-19 Vaccine
How to Protect Yourself if you can’t get Vaccinated

- The CDC recommends face masks/coverings (e.g., disposable masks or cloth face coverings) for unvaccinated individuals to protect themselves from Covid-19. Face masks/coverings will be required for unvaccinated members of the UP community when on campus (unless in a private office with the door closed).
  - For increased protection, you may consider wearing KN-95 or N-95 masks which have increased filtration

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Locations of hand sanitizer dispensers on campus are available on the UP Campus Map.
How to Protect Yourself if you can’t get Vaccinated

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Avoid Close Contact: put 6 feet of distance between yourself and people who don’t live in your household.

[Image: Pilots Prevent. Physical Distancing]
How to Protect Yourself if you can’t get Vaccinated

- Self monitor symptoms before coming to campus: All community members should conduct a COVID-19 daily self-screen. Stay home if you have or experience any of the symptoms of Covid-19 including cough, shortness or breath, fever, chills, runny nose/nasal congestion, muscle pain, headache, sore throat, gastrointestinal symptoms, and/or new loss of taste or smell.

- Do not come to campus if you may have any symptoms or may have been exposed to COVID-19. If you are an employee and you believe you may have COVID-19, contact the HR department. If you are a student and you believe you may have COVID-19, stay home and contact the Health and Counseling Center.

- For more information on how to stay safe, visit this [CDC Resource on Safe Activities](https://www.cdc.gov).
Vaccination Accommodations at University of Portland

- If you are unable to get a COVID-19 vaccine, accommodations are available.

- Information about who to contact is listed below:
  - **Employees**: Contact the Human Resources Office (hr@up.edu or 503-943-8484)
  - **Students**: Accessible Education Services Department (aes@up.edu or 503-943-8985)
Additional Resources for Information on COVID-19

- University community: [www.up.edu/pilotsprevent](http://www.up.edu/pilotsprevent)
- Guidance from Oregon Health Authority (OHA): [COVID-19 Updates (egov.com)](https://egov.com)
- Guidance from Oregon OSHA: [https://osha.oregon.gov/covid19/Pages/default.aspx](https://osha.oregon.gov/covid19/Pages/default.aspx)
- Guidance from federal Centers for Disease Control (CDC): [www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- Information on getting a COVID-19 vaccine: [https://covidvaccine.oregon.gov/](https://covidvaccine.oregon.gov/)

General Questions?

- General Covid-19 related questions: [pilotsprevent@up.edu](mailto:pilotsprevent@up.edu)
- Employees may contact Environmental Health & Safety at [ehs@up.edu](mailto:ehs@up.edu)
- Students may contact the Health & Counseling Center at [hcc@up.edu](mailto:hcc@up.edu)