

March 18, 2021

Dear RSU 16 Employees,

VACCINATIONS

At this time, Androscoggin County school employees aged 55 and up have been offered appointments, the local hospitals are asking school employees to sign up individually on their websites to obtain an appointment for the COVID-19 vaccine.

School employees regardless of age can register for a vaccine by calling CMMC appointment line at 520-2917 or going online to [Get COVID Vaccine - Central Maine Healthcare \(cmhc.org\)](https://www.cmhc.org). CMMC typically opens appointments Tuesday evenings/Wednesday morning after they have been notified how many doses they will receive. If you need assistance, please reach out to your supervisor, your building nurse and/or Lisa Storer at lstorer@rsu16.org

School staff may seek vaccination through the Federal Retail Pharmacy Program. These sites include Walmart, Sam's Club, Hannaford, and Walgreens. Follow up with your PCP or go to <https://www.maine.gov/covid19/vaccines/vaccination-sites> to sign up at various vaccination sites in Maine.

Direct links for scheduling locally:

- **Northern Light** <https://covid.northernlighthealth.org/> or call 207-204-8551
- **Maine Health** now has a way for school/child care staff (all ages) to call to be put on a list for appointments for all eligible groups on their website. Maine Health: <https://vaccine.mainehealth.org/> or Call 1-877-780-7545.
- **Central Maine Healthcare** is operating their Auburn Mall vaccination clinic: <https://apps.cmhc.org/CovidVaccineRegistration/signups/add?page=add-->
- **St. Mary's Healthcare:** <https://www.stmarysmaine.com/patient-and-visitor-information/covid-vaccine>
- **Hannaford Locations:** <https://hannafordsched.rxtouch.com/rbssched/program/covid19/Patient/Advisory>
- **WalMart locations:** <https://www.walmart.com/cp/flu-shots-immunizations/1228302>
- **WalGreens:** <https://www.walgreens.com/findcare/vaccination/covid-19/location-screening>

Once you receive your vaccination card, we are asking you to provide a copy to your supervisor. This will allow them to enter your dates into our database so if you are deemed a close contact you will not have to quarantine for up to 90 days after your second shot.

VACCINATION APPOINTMENTS during School Hours

- Employees are expected to start the day at work, unless their vaccination is scheduled early in the morning, and return to work after getting the vaccination, unless a negative medical reaction prevents the employee from returning.
- Inform your supervisor about your scheduled vaccine appointment immediately, but no later than the beginning of the next working day following the confirmation of the vaccine appointment.
- Employees are allowed sufficient time to travel to, get the shot, and return back to work. If the employee follows these guidelines, then the time will not be deducted from their work hours.
- If an employee desires to take an entire sick day to accomplish obtaining a vaccination, they can do so at the cost of one sick day.

TRAVEL INFORMATION

Exempt states: Residents from the following states are exempt from the testing and 10-day quarantine requirement above because, when adjusted for population, the prevalence of active cases of COVID-19 in these states is similar to Maine. Maine residents can also travel to these states and return without testing or completing a 10-day quarantine. *Exempt effective March 5, 2021: Connecticut, Massachusetts, New Hampshire, Rhode Island, Vermont.* If you travel outside the authorized locations you must inform your supervisor in advance.

Quarantine - It is mandated that all out-of-state travelers coming into Maine, as well as Maine residents returning to Maine, from a non-exempt state, complete a 10-day quarantine upon arrival. Travelers should monitor for signs and symptoms for an additional 4 days.

Negative Antigen or Molecular Test Result - The State will allow adults who have a negative COVID-19 antigen or molecular (PCR, NAAT, or isothermal) test collected no more than 72 hours before arriving in Maine to forgo the 10-day quarantine upon arrival in Maine. An antibody test is not accepted to forgo quarantine for visitors and those returning to Maine. Individuals may be tested upon arrival in Maine as well, but they must quarantine while awaiting the results.

Quarantine and Testing Exemptions - Vaccination exemption: Individuals who have completed a COVID-19 vaccination series and are 14 days beyond the completion of the series are exempt from the testing and 10-day quarantine requirement above, regardless of their state of origin. **Exemption for those who have had COVID-19:** An individual who had a positive COVID-19 molecular or antigen test is exempt from the testing and 10-day quarantine requirement above for 90 days (3 months) after their first positive test, provided they remain asymptomatic.

Should I Go to Work if I have Side Effects?

Symptoms	Suggested approach
Cough	Any of these symptoms are unlikely to be from vaccine. Staff should NOT report to work pending evaluation for possible causes, including Covid-19 infection, as appropriate. Criteria for return to work depends on the suspected or confirmed diagnosis.
Shortness of breath	
Runny nose (not explained by allergies)	
Sore throat	
Loss of taste or smell	
Fever of 100.4oF or above	Any of these symptoms may be from vaccine. These have been reported in VAER (Vaccine Adverse Event Reporting System). May go to work if: 1) Feel well enough AND 2) Are afebrile (not feverish) and symptoms are limited only to those observed following COVID-19 vaccination (i.e., do not have other signs and symptoms of COVID-19 including cough, shortness of breath, sore throat, or change in smell or taste).
Fatigue	
Headache	
Chills	
Myalgia (muscle pain)	
Arthralgia (joint pain)	
Localized redness/soreness at injection site (may last several days)	

Sincerely,
Ken and Amy