

# NURSE NOTES #10

Greetings Gull Lake families,

I wanted to share with you some information regarding the COVID-19 vaccines as KRESA is opening student only clinics and the state of Michigan has opened vaccinations for anyone age 16 and up.

Many of you may still be unsure about the COVID-19 vaccines, which is perfectly natural. Seek answers to your questions before making this decision. Remember when searching for answers for these and other medical related questions, it is important to seek out valid sources of information: ask your doctor, read on the CDC website, read information from or contact your local health department. During a time when the internet is so useful in our lives, it can also be harmful due to the amount of misinformation available.

Of the vaccines available, the Kalamazoo County Health and Human Services Department will only be distributing the Pfizer vaccine at the **student clinics** as it is the only COVID-19 vaccine approved for children as young as age 16. The Moderna vaccine is also widely available to anyone age 18 and over but would not be available at the student clinics. You can find a copy of the Pfizer and Moderna vaccine fact sheets on the Gull Lake website under Return to Learn 2020.

Here is a link to find a vaccination clinic near you: [www.michigan.gov/coronavirus/0,9753,7-406-98178\\_103214\\_104822---.00.html](http://www.michigan.gov/coronavirus/0,9753,7-406-98178_103214_104822---.00.html)

## **How much does the vaccine cost?**

The vaccine is free to everyone. The vaccine administration fee will be covered by insurance companies as well as Medicare and Medicaid. For those who are uninsured the fee will be covered through the CARES Act.

## **If my student already had COVID-19 can they receive the COVID-19 vaccine?**

Yes. A person must wait until they are recovered from COVID-19 (at least 10 days from the onset of symptoms or positive test AND at least 24 hours no fever, vomiting or diarrhea and other symptoms improving). If a person is in quarantine from close contact with someone with COVID-19, they should wait to be vaccinated until they are considered out of quarantine.

## **What are the side effects of the vaccine?**

Short term possible side effects include:

- |                         |                          |
|-------------------------|--------------------------|
| *Injection site pain    | *Tiredness               |
| *Headache               | *Muscle pain             |
| *Chills                 | *Joint pain              |
| *Fever                  | *Injection site swelling |
| *Injection site redness | *Nausea                  |
| *Feeling unwell         | *Swollen lymph nodes     |

The above side effects, if encountered, tend to be worse after the second dose. Remember that these temporary side effects are proof that your body is creating an immune response, which is exactly the point of getting a vaccine! Other reactions are extremely rare. If your student develops any of these side effects it is a good idea to keep them home and have them log in to school as they feel up to it.

A person is not considered to be fully vaccinated until they have received both doses of the vaccine and it has been 2 weeks after the second dose (or 2 weeks after the one dose Johnson and Johnson vaccine). For this reason, a person could still be susceptible to contracting COVID-19 and even though it is likely that their symptoms are side effects from the vaccine, your student would be sent home from school if experiencing these symptoms.

## **If vaccinated, will my student who participates in sports still need to have the rapid test weekly?**

Yes. At this time GLCS has been directed to continue to test those students who have been fully vaccinated. The vaccine will not make your student test positive on a nasal rapid or PCR test.

# NURSE NOTES #10

**If vaccinated, will my student still have to wear a mask?**

Yes, experts have not concluded whether those fully vaccinated can still transmit COVID-19 to others. At this time Masks will still be a requirement for all students regardless of vaccine status.

**If vaccinated, will my student still have to quarantine after close contact?**

No! Once your student has received both doses of the vaccine and it has been at least 2 weeks post the second vaccine, your student would not need to quarantine UNLESS they developed symptoms. If your student is identified as a close contact and has been fully vaccinated, GLCS will need to verify the dates of the vaccine series to excuse your student from quarantine. We will continue to call and let you know of any school related positive close contacts of your student so that you will be aware to be suspicious of any symptoms that may develop.

**A reminder that if your student has recovered from COVID-19 they have 90 days where they would be considered to have natural immunity and not need to quarantine after close contact with a positive person. After that 90 days your student would still need to quarantine if considered a close contact to a positive person unless they become fully vaccinated.**



Please check out this video from Dr. Nettleton from the Calhoun and Kalamazoo County Health and Human Services Department regarding the COVID-19 Vaccines FAQ's: <https://youtu.be/zxHGGg4dIC>

Please reach out with any questions or concerns,

Nurse Megan

269.548.3529

masper@gulllakecs.org