

Who is Eligible for the COVID-19 Vaccine and Where Can I Find One?

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In all states, those 16 years of age and older are now eligible to get a COVID-19 vaccination. The Centers for Disease Control and Prevention (CDC) reports that widespread vaccination is a critical tool to help stop the coronavirus pandemic. While the COVID-19 vaccine is not mandatory for employees, please consider getting vaccinated to protect yourself and others.

Here's a [resource](#) to find registration information near you. In addition, see this [article](#) for links to health departments by state and information on how to code your paid time off when getting the vaccine.

Employees who have received one or more doses of the COVID-19 vaccine are encouraged to voluntarily complete the [Employee Vaccination Form](#) on the [Safe Workplace](#) site. This information will aid in contact tracing when employees report symptoms or positive cases of COVID-19 during the medical illness screening process.

What to expect after receiving a COVID-19 vaccine.

According to the CDC, side effects from the COVID-19 vaccine are normal signs that your body is building protection. These symptoms may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Common side effects.

On the arm where you got the shot you may experience pain, redness or swelling. In addition, you may feel tired or have a headache, muscle pain throughout the rest of your body, chills, fever or nausea. If you experience any of these symptoms you should not report to a FirstEnergy location and you may record your time off as CV19 hours.

To help with side effects.

Talk to your doctor about taking over-the-counter medicine, such as ibuprofen, acetaminophen, aspirin, or antihistamines, for any pain and discomfort you may experience after getting vaccinated. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally.

It is **not recommended*** you take these medicines before vaccination for the purpose of trying to prevent side effects.

To reduce pain and discomfort where you got the shot, exercise your arm and apply a clean, cool, wet washcloth over the area. To reduce discomfort from fever, drink plenty of fluids and dress lightly.

For more information on the company's response to COVID-19, see the *FirstEnergy Today* portal, the [Corporate Health & Safety SharePoint site](#) or [MyFirstRewards.com](#). Please print and post important information for employees who do not access the portal routinely.

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Vaccine Opportunity for Pennsylvania Employees

The company has an opportunity to facilitate and administer COVID-19 vaccines at the following locations:

- Greensburg Corporate Center
- Penelec HQ - Erie
- State College Service Center
- Reading/Pottsville Pike

If you live or work in Pennsylvania and are interested in receiving the vaccine at one of these sites, please complete the survey in one of the following ways so we can plan accordingly.

- Complete this [form](#)

Or

- Use your smart phone to take a photo of the QR code below for access to the registration form.

