

**STUDENT/ONSITE FACULTY VERSION:
HOW TO REQUEST AN EXEMPTION or DEFERRAL
For the INFLUENZA or COVID VACCINATION
October 2021**

Students must use the correct form when requesting an exemption. There are two types of exemptions, medical and religious and the forms and process are different for each. Students who are Allina employees may use an exemption approved in their employee role also for their student experience.

MEDICAL EXEMPTION

- The Medical exemption form must be completed and signed by your primary care or specialty provider who can certify your medical condition.
- Generally speaking, your provider will need to certify one of the conditions listed on the form (or below) or a severe medical condition that would preclude you from being vaccinated.
- All requests will be reviewed by the Vaccine Exemption Review Committee of varied disciplines.
- **Please allow enough time for you to work with your provider on documentation of your medical condition.**
- **THE FORM will need to be sent to:** VaccineExemption@allina.com
- The form is designed for you to complete the top section, ask your provider to complete the balance of the form, attach any necessary supporting documentation and email it directly to:
VaccineExemption@allina.com
- If the provider documentation requires follow-up from the Vaccine Exemption Committee, you will receive and email instructing you to contact your provider to request additional information. Two weeks will be allowed for the submission of additional information.
- You will be required to wear a surgical mask which will be provided by your department as long as you are in an Allina Health facility or vehicle. The masking requirements are subject to change periodically during the pandemic. Outside of pandemic protocols, during influenza season, you will be required to wear a mask regardless.
- While it is the goal to process all exemption requests within 2 weeks, volumes may be such that it will not be possible to meet a 2 week deadline. Exemptions will be processed as quickly as possible.

MEDICAL CONDITIONS FOR EXEMPTIONS:

INFLUENZA:

- History of severe allergic reaction (e.g., anaphylaxis) or documented allergy testing
- History of Guillain-Barre Syndrome within six weeks of receiving a previous vaccine.
- Bone marrow transplant within the past 6 months
- Other medical contraindication to influenza vaccine – Please provide this information in a separate narrative that describes the contraindication in detail (these requests will be reviewed on a case-by-case basis).

COVID 19:

Medical reasons for exemption below (as of 8-13-2021):

The only known medical contraindication as per CDC guidelines are in **bold**

- **Documented history of severe allergic reaction (anaphylaxis) to a component of each currently available COVID-19 Vaccine**
- **Documented history of severe or immediate allergic reaction to a COVID-19 vaccine, and separate contraindication to other available formulations (Please describe response in detail below, including contraindication to alternative vaccines.)**

- Another medical condition recognized by the CDC as posing more risk than benefit for administering vaccination.

The CDC has advised that the following persons may receive the COVID-19 vaccination:

- Persons who have experienced:
 - Expected systemic vaccine side effects in previous COVID-19 vaccines (fever, chills, fatigue, headache, lymphadenopathy, vomiting, diarrhea, myalgia, arthralgia);
 - Vasovagal reaction after receiving a dose of any vaccination; or
 - Allergic reactions to anything not contained in the COVID-19 vaccines, including injectable therapies, food, pets, venom, environmental allergens, oral medication, latex, etc.
- Persons with the following conditions:
 - Autoimmune conditions, including Guillain-Barre Syndrome;
 - Alpha-gal Syndrome; or
 - Myocarditis or pericarditis
- Persons with an immunosuppressed person in their household
- Persons with a history of:
 - Severe allergic reactions to foods, oral medications, latex, pets, insects, and environmental triggers;
 - Immunocompromising conditions where the vaccine may be less effective; or
 - Side effects to other vaccinations.

Other considerations:

- People who were treated for COVID-19 with monoclonal antibodies or convalescent plasma or who were diagnosed with multisystem inflammatory syndrome should wait 90 days before getting a COVID-19 vaccine.
- A history of COVID-19 infection or positive antibody screen is not considered a substitute for vaccination.
- **The COVID vaccines do not contain Egg or gelatin; allergies to these substances are not contraindications.**
- Fear of needles or general avoidance of vaccines are not considered medical reasons supporting an exemption.
- Breastfeeding or attempting to conceive are not considered medical reasons supporting an exemption.
- Local injection site reactions after (days to weeks) previous COVID-19 vaccines (erythema, induration, pruritus, pain, etc.) are generally not considered medical contraindications.

DEFERRAL REQUEST – PREGNANCY ONLY

Current allowed deferral until January 1, 2022

- Pregnancy: The American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine recommends:
 - *ACOG recommends that pregnant individuals be vaccinated against COVID-19.*
 - *ACOG recommends that lactating individuals be vaccinated against COVID-19.*
 - *While a conversation with a clinician may be helpful, it is not a requirement prior to vaccination, as this may cause unnecessary barriers to access.*
 - If the medical provider confirms the pregnancy, Allina will approve a deferral for pregnancy through January 1, 2022. Upon return from leave, or January 1, 2022 – whichever is sooner, the employee must be vaccinated unless they have another medical condition that qualifies for an exemption.

Process:

- The deferral form must be completed and signed by your primary care or specialty provider who can certify your medical condition.
- All requests will be reviewed by the Vaccine Exemption Committee of varied disciplines.
- **Please allow enough time for you to work with your provider on documentation of your medical condition.**
- **THE FORM** will need to be sent to: VaccineExemption@allina.com
- The form is designed for you to complete the top section, ask your provider to complete the balance of the form, attach any necessary supporting documentation and email it directly to:
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- If the provider documentation requires follow-up from the Vaccine Exemption Committee, you will receive an email instruction you to contact your provider to request additional information. Two weeks will be allowed for the submission of additional information.
- You will be required to wear a surgical mask which will be provided by your department as long as you are in an Allina Health facility or vehicle. The masking requirements are subject to change periodically during the pandemic. Outside of pandemic protocols, during influenza season, you will be required to wear a mask regardless.
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RELIGIOUS EXEMPTIONS

- The Religious Exemption form must be completed and submitted to Employee Relations through the process below
- This request will be acknowledged and reviewed.
- You will be notified of the decision regarding your requested exemption. It is the student's responsibility to send this notification to the school student coordinator.
- Currently, our masking policies are guided by pandemic protocols. Outside of the pandemic, if you are granted a religious exemption, you will be required to wear a surgical mask during influenza season. In certain areas, where patients are exceptionally vulnerable, Allina Health may not be able to reasonably accommodate unvaccinated employees.
- Allina Health will reconsider a denial only if you provide new information supporting your request. To request reconsideration of a denial, please submit a request through SNER@Allina.com

SUBMISSION PROCESS

Requests for:

- **Religious Exemptions must be sent to SNER@allina.com**
- **Medical and Pregnancy Exemptions must be sent to VaccineExemption@allina.com**

Directions:

Follow instructions on the respective request forms. Forms must be fully completed prior to submission.