

COVID-19 POST-VACCINE TIPS & INFO

Without vaccines, people are at risk of severe disease and death from **COVID-19**, as our immune systems are not able to fight this new disease effectively. Getting vaccinated protects you against COVID-19 related hospitalization and death from 28 days after receiving the vaccine. At present the vaccination is voluntary and is being rolled out to health workers and persons over 60 years of age as per the Phase 2 rollout.

Further details on the rollout will be made available by the National Department of Health as the process unfolds.

COMMON ADVERSE EFFECTS OF A COVID-19 VACCINE

On the arm where you got the shot:



- Pain
- Redness
- Swelling

Throughout the rest of your body:



- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

HOW TO RELIEVE ADVERSE EFFECTS?

These side effects usually last 2 to 3 days. It is rare for people to have severe side effects that limit their normal activities. It is recommended that if you experience any of the above-mentioned common adverse effects that you **take a paracetamol or pain reliever**. Should you have a severe reaction, contact your healthcare provider immediately & also notify and report these to the vaccination programme for surveillance purposes.

It is **not recommended** you take these medicines before vaccination.

Post vaccination you will be monitored for ~15 minutes for any adverse allergic reaction, which will be monitored and attended to medically. This is very rare. Allergic reactions can include hives, rashes or difficulty breathing.

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