

Essential information post vaccination

Mild side effects which may last a few days:

Side effects can start 6hours after the vaccine.

- Headache
- Tenderness at the injection site
- Feverish
- Muscle aches
- Tiredness
- Nausea

These side effects can get worse after the first day of receiving the vaccine, and should be resolved within 4-5 days after the vaccine.

Side effects may be more noticeable if you are young, healthy or previously had COVID-19.

These symptoms are positive indicators that the body is mounting an immune response to COVID-19.

If you encounter the COVID-19 virus, your immune system will disarm the virus, meaning:

- You could possibly not become ill at all
- You have a much lower chance of being hospitalised or dying



Wear a mask



Wash your hands



Social distance

Protection against the coronavirus:

- Begins 10-14 days after the vaccination
- Good levels are expected after a month of vaccination
- A follow-up dose is given 21 days later. Only after the second dose will you have protection against the COVID-19 virus.

COVID-19 preventative measures:

- The COVID-19 vaccine protects you from becoming severely ill.
- There is no evidence to prove that you cannot spread the virus to others.
- Therefore, it is important to continue with the preventative measures:
 - Wearing of masks
 - Social distancing
 - Washing and sanitising of hands
 - Temperature monitoring
 - Cough etiquette

Herd immunity / population immunity:

- Indirect protection from an infectious disease.
- When the number of people who are immune to a contagious disease, in a population, is greater than the number of people that can still be infected.
- The safest way to achieve herd / population immunity is through vaccination.
- Herd immunity is important because:
 - It helps prevent people, especially the vulnerable, from getting sick.
 - It ensures that hospital systems do not become overwhelmed.

Contacts:

COVID Centre contact numbers: (041) 504 1003 / 2045

Email: occupationalhealth@mandela.ac.za