



Care in a time of CORONA

COVID-19 VACCINE GUIDE



There is a lot of wrong information out there about vaccines.

Here are the facts.

Babies, children and adults in South Africa and all over the world have been getting vaccines for many years. Vaccines have stopped millions of children from getting sick and dying from diseases like measles, polio and mumps.

This guide gives you the facts about the Covid-19 vaccine. The Covid-19 vaccine is our best hope to stop millions of people getting sick and even dying from Covid-19.



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THE COVID-19 VACCINE

WHAT IS A VACCINE?



- A vaccine is a medicine that helps the body fight infections and illnesses.
- Vaccines have stopped millions of children from getting sick and dying from diseases like measles, polio and mumps.
- Many adults have had vaccines against diseases like the flu and tetanus.
- Most vaccines are given by injection.

HOW DOES A VACCINE WORK?



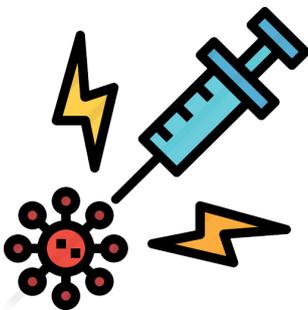
- A vaccine works by helping the body recognise a new sickness, such as Covid-19, and then teaches the body how to fight it.
- When a person comes into contact with this sickness, their body is then ready to fight it and the person does not get sick.

WHY DO WE USE VACCINES?



- Vaccines save lives.
- They have saved millions of people all over the world from getting sick and even dying from sicknesses such as measles and polio.
- They are our best hope to stop millions of people getting sick and even dying from Covid-19.

WHAT IS THE COVID-19 VACCINE?



- This is a new vaccine that helps the body to fight the Covid-19 virus.
- It works in the same way that the many other vaccines do.
- It helps the body recognise this new sickness. It then prepares the body to fight the virus so we do not get sick.



IS THE COVID-19 VACCINE SAFE?



- Yes. The vaccine that will be used in South Africa is safe.
- It has already been given to millions of people around the world, young and old, rich and poor.
- The vaccines have been developed and tested by scientists around the world, including in South Africa.
- South Africa has some of the best doctors and nurses in the world. They will not allow us to use a vaccine that is not safe.
- Although it was developed very quickly to save lives, it has gone through all the tests that other vaccines go through.



***No shortcuts were taken to develop it.
You do not need to worry.***

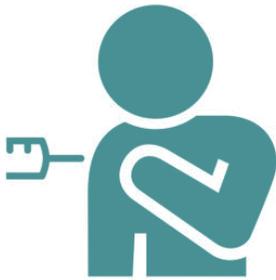




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GETTING THE VACCINE

HOW IS THE COVID-19 VACCINE GIVEN?



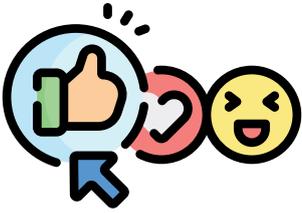
- The vaccine will be given by a trained health care worker in places like hospitals, clinics, pharmacies, or doctors' surgeries.
- It is given as an injection in the arm.
- For it to work properly, you need two injections.
- You will get the second injection 4 to 12 weeks after the first one.
- Your health care worker will tell you when to come back for the second injection.
- It is very important that you get both injections.

WILL THE VACCINE MAKE ME SICK WITH COVID-19?



- No, the vaccine cannot make you sick with Covid-19.
- It stops you getting sick from Covid-19.

HOW WILL I FEEL AFTER THE INJECTION?



- Most people will have a sore arm for a few days, but feel fine.
- Some people may have sore muscles, feel a little tired, have a headache, or may feel hot. These feelings mean that the vaccination is working, and they will go away in one or two days.

WILL THE VACCINE STOP ME GETTING COVID-19?



- Yes. It will stop most people who get the vaccine from getting sick with Covid-19.
- A very small number of people might still get a little sick from Covid-19 after they have been vaccinated. Without the vaccination they may have gotten very sick and even died.



WHO WILL GET THE VACCINE?



- Our government wants most of our people in South Africa, **at least 40 million**, to be vaccinated by the end of 2021.
- The more of us that are protected against Covid-19, the quicker the sickness will go way.
- If only a few of us have the vaccine, then the sickness will be with us for a long time. Meaning more people will lose jobs, our children's education will suffer, and many more people will get sick and die.

WILL WE ALL GET THE VACCINE AT THE SAME TIME?



- No. There are not enough vaccines in the world at the moment to give everyone the vaccine now.
- However, our government is making sure that over this year we will have enough vaccines for most people in the country.



WHO WILL GET IT FIRST?

- We need to protect people who are most at risk of getting sick from Covid-19 first.
- Beginning in February:



FIRST our health care workers will get the vaccine. If they get sick there is no one to look after the rest of us.

SECOND will be these four groups of people:

- **‘Essential workers’**: People who have to work to keep our country going, such as the police, teachers, municipal workers, security people, farmers and food shop workers.
- People over 60 years old.
- People who work and live in places where there are lots of people, like prisons, old age homes, care homes, institutions and churches.
- People over 18 who have other sicknesses, such as TB, HIV, or poorly controlled diabetes.

THIRD will be the rest of the country.

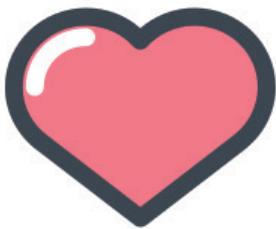


CAN EVERYONE HAVE THE VACCINE?



- Most people can safely have the vaccine.
- But before you are given it, the health care worker will ask you some questions to check your health.
- You will not be given the vaccine unless it is safe for you.

WHY SHOULD I HAVE THE VACCINE?



- We can all get Covid-19. Some of us will get it and not even know that we have it and infect others who can get very sick and even die.
- The more people who have the vaccine, the less chance there is that the virus can spread in our communities.
- Do it for the people you love and care about.



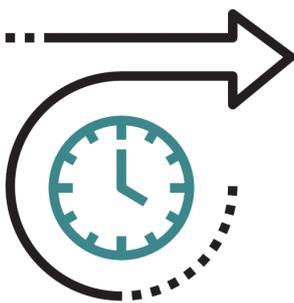
I HAVE ALREADY HAD COVID-19, DO I STILL NEED THE VACCINE?



- Yes. Some people are getting Covid-19 for the second time.
- The vaccine will help to prevent you getting sick again.

HOW LONG WILL THE VACCINE TAKE TO WORK?

- You will have some protection after the first injection.
- You will be most protected about 7 days after the second injection.



HOW LONG WILL I BE PROTECTED AGAINST COVID-19 AFTER HAVING HAD THE VACCINE?

- This is a new illness, so we do not know yet how long you are protected for.
- Doctors hope that it will be for a long time.



AFTER THE VACCINE CAN I STOP WEARING A MASK?

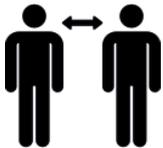
- No. There is still a small chance that you can get Covid-19.



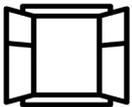
Wear a mask



Wash your hands regularly



Keep your distance



Keep windows open





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KNOW THE FACTS

There is a lot of wrong information about vaccines. Check out what is true and false and pass it on to others. The right information protects us all!



FALSE

- The vaccine has been made too fast and proper safety checks have not been done.



TRUE

- The world was able to develop the vaccine fast because scientists and governments around the world worked together. This is something to celebrate. But it has passed all the same tests as the other vaccines we already take.
- **They did not take any short cuts when it was made. It is very safe.**



FALSE

- The vaccine will change my DNA.



TRUE

- DNA are the building blocks that make you who you are. The vaccine will not change your DNA or who you are.
- The vaccine teaches your body how to recognise the virus and learn how to fight it.



FALSE

- The vaccine contains a microchip that will be used to track and control me.



TRUE

- The vaccine does not contain a microchip.
- The vaccine **CANNOT** be used to track you or save your personal information.





FALSE

- 5G networks cause the coronavirus through radiation emissions.



TRUE

- No virus can travel through radio waves and mobile networks.
- Covid-19 is spreading in many countries that do not have 5G mobile networks.

This is the only way the virus spreads:

- *The virus enters our bodies through our mouths, noses and eyes.*
- *It can spread if somebody who is infected breathes near you. You will get infected if the droplets land in your mouth, nose or eyes.*
- *We can also get infected if we touch a surface that the Covid-19 droplets have landed on and then touch our face.*
- *We can also get infected if we touch an infected person and then touch our face.*





FALSE

- The vaccine has the mark of the Beast – 666.



TRUE

- Vaccines have no link to any religion. Vaccines cannot be filled with spirits or demons.
- The vaccine was developed to save our lives not to bewitch, possess or control us.



FALSE

- The vaccine is a way for the West to oppress us again.



TRUE

- The vaccine was not just the work of Western or rich countries. It was a worldwide effort.
- This effort brought together knowledge from across the world. This includes our own excellent doctors and scientists. It has also been tested here in South Africa.