



# If you just got vaccinated against Covid-19, thank you!

You've owned your life and helped to protect our nation.

You may have received the one-dose vaccine or a two-dose vaccine. Different types of vaccines work in different ways, but they all prepare your body to fight the coronavirus. It doesn't matter which one you get - both have the power to protect you. If you do get the two-dose vaccine, you will have been given another day to come back. You'll only be fully protected once you've had your second dose, so don't miss it!

**BOTH** the vaccines currently available in SA have the power to protect you: Johnson & Johnson (one injection only) and Pfizer (two injections several weeks apart).



*You will only be fully protected two weeks after you're completely vaccinated as it takes two weeks for your body's immune system to be fully activated by the vaccine.*

Now that you're vaccinated, encourage your friends and family to do the same when their turn comes.

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## It is normal to have some side effects.

A few hours after the vaccine you might feel like you've got a bad cold or flu. It usually takes a day or two to go away. If you need to, take paracetamol tablets (like Panado, Calpol, Panadol, or ask at a clinic or pharmacy). You can take 2 tablets every six hours.

Not everyone gets side effects. If you had the vaccine, your body will start to react and build an immune response that protects you from new Covid-19 infection.

### Allergy is rare

You may get a mild reaction like a rash or itchy skin. Serious allergy is extremely rare, and if it did happen, it would almost certainly have happened straight after the injection while you were still being observed by the nurses.

## Side effects of the vaccine often feel like flu:

- Fever or chills
- Muscle aches
- Headache
- Nausea
- Tiredness

(And your arm may feel a bit sore and swollen where the needle went in!)

If you feel really sick (short of breath, fainting, racing heart or serious headache), call [0800 029 999](tel:0800029999). You will be helped right away.

If you still have flu-like symptoms after three days, feel free to phone for advice. Our call centre team is here to help you.

# You can't catch Covid-19 from the vaccine as there is no live coronavirus in it.

Phone the toll-free helpline if you are still worried or have any questions.

**0800  
029  
999**

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*You might still catch Covid-19 from another person, but your chances are now much lower. No vaccine is 100% effective in preventing infection. But even if you do get Covid-19, your chance of getting very sick or dying from it is very low now that you've been vaccinated.*

**TAKE NO CHANCES!** Still follow the basic rules of COVID prevention, especially to protect those who are not yet vaccinated. Wear a mask in public or if friends and family visit you at home. Still keep a social distance: If you and your friend stretch your arms out and can touch each other's fingertips, you are too close!



You could have COVID-19 if your fever does not go away after two days; you get a cough or sore throat that won't go away; and/or you notice changes in taste or smell. Keep away from others and go for a COVID test as soon as possible. Call 0800 029 999 for advice.