2022

VACCINATE LET'S DO THIS

COVID-19 VACCINES:
What you need to know

Unsure about getting the COVID-19 vaccine

- It is normal to have questions.
- Vaccines have ended pandemics like polio and measles. Babies and children get them to prevent these and other diseases.
- COVID-19 vaccines are safe and are already saving lives in many countries.

COVID-19 vaccines are safe and effective

- With over 4 billion people vaccinated, only a very small number had a serious side-effect.
- Vaccines protect against severe COVID-19 illness and death. Vaccines are already saving thousands of lives.

How does the vaccine work?

- The vaccine trains your immune system to recognise the coronavirus.
- If you then get COVID-19, your immune system will spring into action and prevent you from getting severely ill.

Why do I need the vaccine?

- There is no cure for COVID-19.
- Vaccines will protect you against getting very sick or dying from COVID-19.
- Being vaccinated is our best protection against more 'waves' of COVID-19 and return to a more normal life.
- This is especially important if you are 50 years or older; your risk of dying from COVID-19 is greater.

Will the vaccine give me COVID-19 or make me sick?

- No, the vaccine does not contain the virus and will not give you COVID-19.
- Many people experience mild side effects like headache and fever. These start around 6 hours after vaccination and last 1-2 days.
- These show the immune system is preparing to fight COVID-19.

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Who can get the COVID-19 vaccine?

Everyone who is 12 years and older can get the vaccine.

How do I get a vaccine?

- Vaccination is quick, easy and free. No need to pre-register.
- Go to a vaccination site near you. Take your ID with you. Get vaccinated within 30 minutes.
- Most vaccination sites are open on weekdays, others are also open on weekends.
- New vaccinations sites are being activated every week. Contact the Western Cape call centre for the most up-to-date list of COVID-19 vaccination sites.
- If you are elderly or bedridden and cannot leave your home, you can receive your vaccine at home.

How can I help?

Get your information from trusted sources. For more information please visit https://coronavirus. westerncape.gov.za/vaccine/

Do I need the vaccine if I have had COVID-19?

- Yes, natural immunity from infection is not as strong or long-lasting.
- You can have a vaccine 30 days after developing COVID-19.

How soon after my vaccination am I protected against COVID-19?

18 years and older
- 4 weeks after a one-dose vaccination (Janssen or JnJ).
- 2 weeks after the 2nd dose of a two-dose vaccination schedule (Pfizer).

12-17 years
- 3-4 weeks after single dose of Pfizer vaccine.

Vaccines are not 100% effective.
Continue COVID-19 precautions:

- Voluntarily wear your mask

- Ventilate indoor spaces

- Ensure your COVID-19 vaccines are up to date

Let's work together to end severe COVID-19. Get vaccinated as soon as you are able to.

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