



Vaccine Assist Programme Namibia

# Will I have any side-effects?

Most people will feel fine after their vaccination.

The vaccine may cause side-effects in some people. These reactions are nothing to worry about—they mean the vaccine is working and your body is learning to fight COVID-19.

If you do have side-effects, they should only last a day or two.



On the arm where you had your injection:  
pain, redness, swelling



In the rest of your body:  
tiredness, headache, muscle pain,  
chills, fever, nausea

If you are feeling unwell, call us or see your doctor



Do you still have questions?

Ask Dr M:

WhatsApp 'HI' to +2782 735 4472

Email [oldmutualcovid@careworks.co.za](mailto:oldmutualcovid@careworks.co.za)