



NEWS ALERT

COVID-19 VACCINE UPDATE 25 FEBRUARY 2022



South Africa's vaccination programme amended

HOT OFF THE PRESS:



An unvaccinated adult is 68 times more likely to die from COVID than a boosted one, *The Atlantic* has reported. With vaccination now being one of the most important health decisions a person can make, the South African Health Department has reviewed vaccination scheduling.



The waiting period between first and second Pfizer doses is now 21 days, rather than 42 days. The interval for booster shots is now 90 days, rather than 180 days. J&J vaccine recipients have to wait 60 days for their booster shots.



Mixing of Pfizer and J&J shots is now allowed for adults. This "mix and match" approach has been found beneficial for other diseases like HIV, Ebola and the 'Flu. However, it is recommended that you first be fully vaccinated with one brand before seeking a booster shot from the other.



Pfizer vaccination schedule

Primary schedule: First dose → min 21 days → second dose
Booster: min 90 days → either Pfizer or J&J shot

J&J vaccination schedule

Primary schedule: only one dose required
Booster: min 60 days → either J&J or Pfizer shot



Some countries are now introducing a second round of booster shots. At present, however, South Africans are only being encouraged to have one booster shot after they have been fully vaccinated.

If you are 12 years or older, register and get vaccinated:
vaccine.enroll.gov.za
WhatsApp REGISTER to: 0600 123 456
Free SMS: *134*832#
Call 0860 142 142 weekdays 8AM—8PM
In person at a vaccination site

Until everyone has been fully vaccinated, it is important to protect those around you by adhering strictly to COVID-19 safety protocols:



Wear a mask



Sanitise your hands regularly



Maintain social distancing

CareWorks Contact Centre: 0800 24 36 72
Weekdays: 8AM to 5PM and Weekends: 8AM to 1PM
WhatsApp: 082 735 4472

