WPE HANDOUT: COVID-19 VACCINE SIDE-EFFECTS

1. Introduce the topic:

- Most people will feel fine after their vaccination, with no side-effects.
- Some people may experience some mild side-effects. This is part of your immune system's natural reaction to a vaccine.
- If you do have any side-effects, they should only last a day or two.

2. Top five things you need to know:

1. The most common side-effects reported are:
   - On your arm: Pain, redness and/or swelling where you had the injection
   - In the rest of your body: tiredness, headache, muscle pain, joint pain, chills, fever, nausea

2. If you are feeling very unwell, or if your symptoms last more than two or so days, then contact CareWorks or see your doctor.

3. Remember you can contact CareWorks via WhatsApp on 0827354472 or email oldmutualcovid@careworks.co.za

4. It takes time for your body to build protection after any vaccination. It will take two weeks after your final vaccination to achieve full protection.

5. Once you are fully vaccinated, chances are you will be protected from COVID-19. Should you still become infected, the vaccination will prevent serious illness, hospitalisation and death due to COVID-19.
   However, even though you are now safer, you still have a duty to protect those around you and to prevent the spread of COVID-19. This means you must still wear a mask, practice social distancing, and wash your hands regularly.

3. Points to discuss with the group:

- Why do some people experience side-effects after vaccination?
- Why do you still need to follow COVID-19 safety protocols after you have been vaccinated?

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