

TIPS FOR VACCINATION DAY

Before your vaccination

- Ensure you have a 14-day gap between other vaccines and the Covid-19 vaccine.
- If you feel sick or have a temperature on the day of the vaccine, check with your healthcare provider if you should get the vaccine, or if you should rather postpone it.

Important tip

Consult with your healthcare provider or contact the Kaelo COVID-19 Support Line if you have a history of severe allergic reactions or other health issues that concern you with regards to the Covid-19 vaccine.

At the vaccination site

- Wear your mask and maintain social distancing.
- You may have to wait in a queue to receive your vaccine, should this happen here are some helpful tips:
 - Wear comfortable shoes and dress warmly.
 - Good hydration is important on the day of your vaccination - take something to drink and snack on.
 - Ensure your phone is fully charged.
 - Ask somebody to drop and fetch you at the vaccination site as this will help with parking limitations and costs.
 - Your vaccine will be administered in your upper arm. Wear clothes that allow easy access to this area.
- Remember to take your ID, Voucher number and if relevant your Medical Aid number with you.
- The healthcare provider will keep you at the vaccination site for a minimum of 15 minutes after your vaccination to look out for any immediate reactions, although these are very rare.

The healthcare professional that administers your vaccine received specialised training for the administration of the vaccine, however, if you have any concerns about the vaccine or your well-being, ask them for advice or contact the COVID-19 Support line on 0861 493 587.

