

INFORMATION FOR VACCINATED PERSONS



Vaccination is one of the most effective means of limiting the incidence and spread of contagion in the population. In the past, thanks to extensive vaccination campaigns, a number of infectious diseases were significantly suppressed or eliminated entirely (e.g. smallpox, transmissible polio). This could also be possible in the case of COVID-19. The higher the percentage of the population that has been vaccinated, the lower the number of people who can be infected and spread the disease.

How to behave at the vaccination center

- ▶ Follow the instructions of the staff.
- ▶ While waiting at the vaccination center, keep your **nose and mouth covered** (mask, respirator).
- ▶ Whenever possible, **disinfect your hands**.
- ▶ When the healthcare professional asks about your health, **answer truthfully**.

What is the vaccination procedure?

- ▶ Before the actual vaccination, you will be examined by a healthcare professional who will ask you a few questions concerning your health and potential allergies.
- ▶ The vaccine is administered **into the muscle around the shoulder**.
- ▶ After being vaccinated, you must **wait in the waiting room for 15 minutes**, should you begin to feel unwell.
- ▶ If you do begin to feel unwell while still at the vaccination center, **inform the staff immediately**.
- ▶ If you were given a vaccine with a two-dose scheme, you must undergo the second dose of vaccine to maximally increase your protection.

What should I do after vaccination?

- ▶ On the day of vaccination and the following day, it is advisable to observe a **restful regime**.
- ▶ In the case of two-dose vaccines, it applies that your protection is not yet sufficient after the first dose and you may still be infected. Therefore, observe all the **measures to protect you from infection** (mask, distancing, regular washing and disinfection of the hands).
- ▶ In the case of two-dose vaccines, you should arrive to receive the second dose on the date and precise time assigned to you.

What are the undesirable side effects of vaccination?

- ▶ After vaccination, you may feel pain or swelling around the injection point, fatigue, headaches, muscle or joint aches and less frequently also a slightly elevated temperature or chills. These symptoms usually **disappear on their own** in a few days without the need for treatment.
- ▶ These reactions are entirely common and may occur even after other vaccines. Serious reactions after vaccination are very rare.
- ▶ It is important to realize that these temporary reactions may be unpleasant, but **COVID-19 itself can do much more harm to your health**, not only if in terms of the potential severe course of the disease, but also possible long-term consequences.
- ▶ If the aforementioned symptoms last more than three days, get worse or other symptoms **appear**, **contact your general practitioner** and inform him about the situation.

Vaccination is currently the best way to stop the ongoing COVID-19 epidemic and return to normal life like before the pandemic, without blanket measures.

By getting vaccinated against COVID-19, you protect not only yourself from the disease, but also your family and the people around you.