COVID-19 VACCINATION

Vaccination is safe, effective and can save lives.

- It reduces the risk of infection, especially severe infection and hospitalisation.
- Vaccination is voluntary, however everyone who are eligible are encouraged to be vaccinated.
- Minor expected side effects, such as a sore arm at the injection site and a mild fever, are common. Reports of serious side effects are very rare.
- If you have any questions or concerns about COVID-19 vaccination, speak to your doctor for clarification.
- Closely monitor the vaccination programme in your location.

PROTECT YOURSELF AND HELP REDUCE THE SPREAD OF COVID-19

BASIC PROTECTIVE MEASURES AGAINST COVID-19

- Follow the advice of local authorities.
- If you are eligible, GET A COVID-19 VACCINE as soon as it is available to you.
- WEAR A FACE MASK whenever required, especially when in public places.
- KEEP 1-2 METRES (3-6 FEET) away from others even if they appear well and avoid direct contact with them.
- COVER YOUR COUGHS and SNEEZES. Use your elbow or a tissue.

- WASH YOUR HANDS frequently. Carry hand sanitiser for use when soap and water are not readily available.
- Avoid crowded areas, ensure ADEQUATE VENTILATION in enclosed spaces.
- MINIMISE GATHERINGS with friends and family.
- AVOID touching your face, especially if you have touched objects handled by many people.
- If you have symptoms, even if mild, stay home and seek medical advice.

Keep yourself in the best possible health.
Sleep well, eat a healthy diet, and keep up with regular physical activity.

For up to date information, you can visit our website: https://pandemic.internationalsos.com/2019-ncov
HOW DOES COVID-19 SPREAD?

- Mainly spreads between people in close contact via infected droplets.
- People may inhale infected droplets. Risk is higher in indoor spaces with inadequate ventilation.


COMMUM SYMPTONS INCLUDE:

- Fever
- Cough
- Sore throat
- Shortness of breath
- Fatigue

HOW TO USE A MASK

1. Before putting on a mask, clean your hands with soap and water, or alcohol-based hand sanitisers.
2. Cover mouth and nose with the mask and make sure there are no gaps between your face and the mask.
3. Avoid touching the mask while using it; if you do so, clean your hands with soap and water, or alcohol-based hand sanitisers.
4. When you remove the mask: remove it from behind. Do not touch the mask on the front:
   - if disposable – drop it into the waste container
   - if reusable – the mask should be washed / cleaned before re-use
   - if the mask cannot be washed but you need to store it to wear again – place it in a “breathable” container (e.g. paper bag)
5. Clean hands with soap and water, or use alcohol-based sanitisers.

Follow manufacturer’s instruction or guidance from local authorities.

DISCLAIMER:
This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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