## THE COVID-19 VACCINE HELPS PROTECT YOU AND OTHERS

A HIGHLY INFECTIOUS RESPIRATORY DISEASE SPREAD THROUGH AEROSOL DROPLETS



HELPS YOUR IMMUNE SYSTEM BUILD A DEFENSE ARMY TO FIGHT AGAINST COVID-19



AFTER YOUR VACCINATION YOU MAY EXPERIENCE A FEVER, HEADACHE, TIREDNESS. CHILLS OR SORENESS AT THE INJECTION SITE

THIS IS NORMAL

MISINFORMATION IS EVERYWHERE

**KNOW THE FACTS** 

## THE COVID-19 VACCINE

CANNOT GIVE YOU COVID19

CANNOT CHANGE YOUR DNA

CANNOT INCREASE YOUR RISK FOR CONTRACTING COVID

CONTINUE TO WEAR A MASK

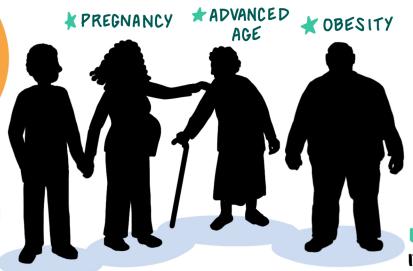
IT WILL TAKE ABOUT 2 WEEKS FOR YOUR BODY TO BUILD UP A ROBUST

DEFENSE RESPONSE AND

SOME DISEASES & CONDITIONS PUT YOU AT HIGHER RISK OF SEVERE SYPTOMS OR DEATH IF YOU GET COVID INCLUDING ...

GETTING VACCINATED PROTECTS YOU AND THE PEOPLE AROUND YOU

YOU MAY STILL BECOME INFECTED WITH THE VIRUS BUT BEING VACCINATED CAN LIMIT THE SEVERITY OF THE ILLNESS & PREVENT YOU FROM DYING



AS WELL AS:

HEART CONDITIONS

DIABETES COPD

CANCER

**2NWOD** SYNDROME HIGH BLOOD PRESSURE

AND MORE

IT'S ESPECIALLY IMPORTANT TO GET VACCINATED

WASH YOUR HANDS FREQUENTLY INCLUDING YOUR 3RD HAND... YOUR PHONE

## **STAY AWAY FROM** CROWDED PLACES

EXERCISE & DO HOBBIES THAT LOWER STRESS

> DRINK FLUIDS \$ EAT HEALTHY FOODS

\*REMEMBER...

PREVENTION IS BETTER THAN TREATMENT