

THE COVID-19 VACCINE HELPS PROTECT YOU AND OTHERS

A HIGHLY INFECTIOUS RESPIRATORY DISEASE SPREAD THROUGH AEROSOL DROPLETS

CAN SAVE YOUR LIFE!

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 SYMPTOMS OR DEATH IF YOU GET COVID INCLUDING...

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



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

★ PREGNANCY ★ ADVANCED AGE ★ OBESITY



AS WELL AS :

HEART CONDITIONS
DIABETES
COPD
CANCER
DOWNS SYNDROME
HIGH BLOOD PRESSURE
AND MORE

IT'S ESPECIALLY IMPORTANT TO GET VACCINATED

STAY AWAY FROM CROWDED PLACES

EXERCISE & DO HOBBIES THAT LOWER STRESS



DRINK FLUIDS & EAT HEALTHY FOODS

