

Tips to follow before COVID vaccination

Do	Don't
drink plenty of water and stay hydrated	smoke or consume alcohol as it may dehydrate you ---- at least 2 days' prior.
get good, peaceful sleep at night.	take any blood thinners you may be taking for any reason --- at least 2 days' prior
eat well as you go for your vaccine dose. Include leafy vegetables, food rich in antioxidants that help boost immunity.	take vaccine on an empty stomach.
wear a sleeveless or short-sleeved shirt or dress to facilitate getting the injection on your arm.	take over-the-counter pain killers, if you want to avoid side effects from the vaccine --- at least 1 day.
wear double mask & Maintain social distancing at the Vaccination centre (in our office premises)	-
cancel your Vaccination if you notice any Covid-like symptoms.	-

Tips to follow after COVID vaccination

Do	Don't
stay seated at the vaccination centre (allotted area in office) for 30 minutes. Health workers will monitor you for immediate reactions. Report if you feel dizzy or have nausea, vomiting, or any allergic reaction.	smoke or consume alcohol as it may dehydrate you ---- at least 5 days' after
drink plenty of fluids and keep your body hydrated after the vaccine dose	take any blood thinners you may be taking for any reason --- at least 3 days' after
soothe your arm. You may place a cool or wet washcloth on the area.	-
swing your vaccinated arm to calm the inflammation	-
be prepared for some side effects as your body builds immune protection. These may go away in 1-2 days. <u>The side effects can be:</u> <ol style="list-style-type: none"> 1. Pain and redness at the site of injection 2. Chills and mild fever 3. Headache 4. Fatigue and body ache 5. Joint and muscle pain 	-
take Dolo 650/Crocin/paracetamol if you have any of the above symptoms. If they last for more than a week, contact our BPHRs immediately.	-
wear light clothes.	-

Few other points to remember:

- After the second dose of the vaccine, you may experience similar symptoms seen after the first dose. If the side effects persist for more than 1-2 days, contact our BPHRs immediately.
- Remember that the antibodies that develop after the second dose of the vaccine reach a protective level after a minimum 15 days. Hence, be careful; do not relax the preventive measures.
- It is also important to discuss with your doctor if you have been on immunosuppressants, such as methotrexate. Your doctor might put the medication on hold for two weeks after the Covid-19 vaccine.

Note: If you're having any severe allergies or ailments, kindly confirm with your treating physician before vaccination