COVID–19 VACCINATION

COVID-19 VACCINE

ALL YOU NEED TO KNOW

A GUIDE FOR ELIGIBLE BENEFICIARIES

2 GAJ KI DOORI

PROMPTLY SELF-ISOLATE

PROMPTLY GET TESTED

Beneficiaries in phase 1 of COVID Vaccination in India include adults who are over 50 years and persons under 50 years with associated comorbidities such as hypertension/diabetes/HIV/cancer/cardiovascular disease. This information guide explains why the vaccine is important and how to register for the vaccination.

Contents

The COVID-19 Vaccine

1. What is COVID-19 or Coronavirus?

COVID-19 is Corona Virus Disease, caused by a newly discovered Coronavirus, now named as Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). This outbreak began in Wuhan, China, in December 2019, and now is a pandemic affecting many countries globally.

2. How is COVID-19 transmitted?

COVID-19 is spread through droplets and aerosols emitted from the nose or mouth, particularly when a person with COVID-19 speaks, coughs, sneezes or spits. It can also be contracted by touching one's eyes, nose or mouth after contact with contaminated surfaces and objects.

3. What are the symptoms of COVID-19?

The most common symptoms of COVID-19 include fever, dry cough, shortness of breath or difficulty in breathing, and tiredness or fatigue. Most people experience mild disease and recover without requiring hospitalization. However, around 20% of people who contract COVID-19 become

seriously ill and have trouble in breathing. In more severe cases, the infection can cause pneumonia, severe acute respiratory syndrome, multi-organ failure and even death. Older people and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer are at higher risk of developing serious illness.

4. What should I do if I have COVID-19 like symptoms?

> If anyone has symptoms such as fever, dry cough, shortness of breath or difficulty in breathing, and tiredness or fatigue, he/she should seek medical advice immediately to get tested for COVID-19.

> COVID-19 positive people should adhere to medical advice on isolation at home or an institution for the safety of their family members and community at large.

> People with fever and/or cough associated with difficulty in breathing, chest pain/pressure, or loss of speech or movement should immediately seek medical consultation (Call Government of India's helpline number 1075 (toll free)).

HELPLINE

1075

5. How will I know if I have COVID-19?

The most important symptoms of COVID-19 are anyone or more of the following:

Cough

Fever

Tiredness

Shortness of breath

Some people may also feel very tired, experience a loss of sense of taste and smell, have aching muscles, sore throat, shortness of breath, diarrhoea and vomiting, fever and confusion.

If you have any of the above symptoms, please isolate yourself at home and get yourself tested for COVID-19 immediately. You can seek support from the Government of India's helpline number 1075 (toll free).

6. Are antibiotics effective in treating COVID-19?

No. Antibiotics do not work against viruses. The COVID-19 is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

7. How can I protect myself and others if I don't know who is infected?

Many people who have the virus may not have the symptoms or have very mild symptoms. These people can still pass on the virus to others. To prevent transmission, it is advisable to continue with the behaviour that can prevent transmission as well as keep you safe. These are called COVID Appropriate Behaviour and include the following:

Using your mask properly to cover nose, mouth and chin at all times when you are outside

Maintain a physical distance of at least 6 feet (2 Gaj ki Doori)

Wash hands frequently and thoroughly with soap and water or use sanitizer

Do not touch your eyes, nose and mouth unless your hands are sanitized

Cover your mouth while sneezing and coughing and avoid spitting in the open

Avoid unnecessary travel and visit to crowded places

Self-monitoring of health in case of illness at the earliest

Prompt testing on observing symptoms

Isolation on observing symptoms

8. Will everyone need to get vaccinated at the same time?

The Government of India has developed a phased plan of vaccine rollout in India with the population at high risk to be prioritized and vaccinated first. These include:

> Health care workers
> Frontline workers
> Population ≥50 years, and
> Population < 50 years with associated co morbidities such as hypertension / diabetes / HIV / cancer, etc.

9. If I get the vaccine will I be protected from getting COVID-19?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease.

10. How many doses of the vaccine would have to be taken by me and at what interval?

Two doses of vaccine, 28 days apart, need to be taken by an individual to complete the vaccination schedule.

11. When would antibodies develop? After taking first dose, after taking second dose, or much later?

Protective levels of antibodies are developed two weeks after receiving the second dose of COVID-19 vaccine.

12. If I have COVID-19 infection during the time that my vaccination is due, can I still be vaccinated?

If you have confirmed or suspected COVID-19 infection, this may increase the risk of spreading the same to others at the vaccination site. For this reason, individuals with COVID-19 confirmation or waiting for test results should defer vaccination for at least 14 days after symptoms' resolution and they should inform the same to local functionaries of the health system.

13. Is the vaccine an oral vaccine or an injection?

The two vaccines introduced in India are in injectable form.

14. Who is eligible for getting the vaccine?

Persons who are at maximum risk of getting infected with COVID-19 infections and population at high-risk would be vaccinated first:

1. **Health Care Workers (HCWs):** Health care providers and workers in health care settings (public and private), including ICDS workers

2. **Frontline Workers (FLWs):** Personnel from State and Central Police organisation, Armed Forces, Home Guards, prison staff, disaster management volunteers, Civil Defence organisation, Municipal Workers and revenue officials engaged in surveillance and containment activities

3. **Population ≥50 years of age and <50 years** with co morbidities like diabetes, hypertension, cancer, lung diseases etc.

This prioritization is not sequential. These priority groups may be vaccinated simultaneously depending on the availability of the vaccine.

15. How will I register?

The Government of India will be announcing the site on which all potential beneficiaries will be asked to register. The registered beneficiaries will be informed through their registered mobile number about the venue and date of vaccination.

16. How will I know when the vaccination starts?

After registration, you will receive SMS messages on the registered mobile number as under:

- ❯ First SMS will be generated for confirmation of registration
- ❯ Second SMS will be generated mentioning the date, time, place and other details of vaccination
- ❯ Third SMS will be generated after completion of the first dose and before due date of the next dose

17. Can I get the vaccine without the registration?

No. It is mandatory to register for getting the vaccine. If you need any support in the registration process, it will be provided to you by your nearest Health /ICDS/Government office. The list of all support centres/offices will be widely publicized.

18. If I am not able to register online, can I get the vaccine by registering on site?

No. Only pre-registered beneficiaries will be vaccinated. There is no provision for on-site registration and vaccination.

19. What documents do I need to register for the vaccination?

Any one of the below mentioned ID with photo may be produced at the time of registration:

- Aadhaar Card
- Passport
- Driving License
- MNREGA Job Card
- Voter ID
- Smart Card issued by the RGI under NPR
- PAN Card
- Pension document with photograph
- Official identity cards issued to MPs/MLAs/MLCs
- Passbooks with photograph issued by Bank/Post Office
- Health Insurance Smart Card issued under the scheme of Ministry of Labour
- Service Identity Cards with photograph issued to employees by Central/State Govt./PSUs/Public Limited Companies

20. Will a Photo / ID be required at the time of registration?

Yes. The photo ID provided during registration must be produced and verified at the time of vaccination.

21. If I am not able to produce the photo ID at the session site, can I still get the vaccine?

No. Photo ID is a must for both registration and verification of beneficiary at session site to ensure that the intended person is vaccinated.

22. I have changed the mobile number that I had used to register for the vaccine. What should I do?

Since you will be contacted through your registered mobile number, it is advised to retain the same number that was used to register for COVID-19 vaccination, as details of the time and place of vaccination will be communicated over that number.

23. Do I need to pay for the vaccine?

No. You do not need to pay for the vaccine. The vaccine is provided free of charge by the Government of India to all the registered beneficiaries.

24. If I am not able to go for vaccination due to certain reasons (illness, travelling) what should I do?

At the end of the session, a list of missed beneficiaries will be generated by the vaccinator and shared with the district administration. The beneficiary who misses the allocated vaccination session will be re-allocated another session and SMS will be sent to him/her about his/her vaccination date, time and place.

25. If I am unwell on the vaccination day, do I still need to go?

If you are unwell, it is better to wait until you have recovered to get your vaccine. But you should try to have it as soon as possible. You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or test result or are unsure if you are fit and well.

26. What will happen at the vaccination site?

At the vaccination site your photo ID will be verified and you will be asked to wait for your turn. Make sure that you follow all COVID Appropriate Behaviour at the session site to protect yourself and protect others. Wearing a mask is mandatory. After your vaccination you will be asked to wait for 30 minutes at a designated place within the vaccination premises.

27. Since there will be so many people coming to the vaccine centre, is it safe for me to go there?

The vaccination site will be sanitized and all precautions will be put in place to maintain COVID Appropriate Behaviour at the session site. You must also ensure to wear your mask when you go to the site and avoid touching any surface. Vaccination teams have been trained to set up the vaccination site so that the risk of transmission at the site is minimized.

28. What if I feel unwell after getting the vaccine?

If you feel unwell in the post-vaccination waiting room, please inform the Vaccination officer 3 and 4 posted in that room. You will be attended to immediately by the health team posted at the vaccination site.

29. How will I know about my second dose of vaccine?

You will be informed about your second dose of vaccination through an SMS on your registered mobile number.

30. Will vaccinated beneficiaries receive information on the status of their vaccination after completion?

Yes. On getting the requisite dose of the COVID-19 vaccine, the beneficiary will receive an SMS on their registered mobile number. After all doses of vaccine are administered, a QR code-based certificate will also be sent to the registered mobile number of the beneficiary.

31. After I have had the vaccine will I still need to follow all the infection control advice?

The vaccine will reduce your chance of becoming ill from COVID-19 disease. However, it will take a few weeks for your body to build up immunity. So, you will still need to follow the COVID Appropriate Behaviour.

To continue to protect yourself, your family, friends and colleagues you should follow the general advice at work, at home and when you are going out :

- › wear a face mask
- › practise physical distancing
- › wash your hands with soap and water carefully and frequently or use sanitizer

32. When can I join back work after vaccination?

You should be able to go to work immediately on leaving the session site. However, in case of any discomfort following vaccination, please address it first and only after you feel well enough, you should rejoin work.