

# What Is COVID-19 Vaccination?

## What is Vaccines?

Vaccines train your immune system to create antibodies, just as it does when it's exposed to a disease.

## How COVID-19 Vaccines Works?

COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness.

So, the question remains: What is it like to get a COVID-19 vaccine? Will it hurt?

## Five things to know while you're rolling up your sleeve.

### 1. You may have side effects, but you might not.

Side effects from the COVID-19 vaccine are not uncommon—and also not something to fear. “They will be mild for the majority of people,” Dr. Ogbuagu says.

Technically, we refer to them as reactogenicity. These are just symptoms that mean you are responding to the vaccine—your immune system is really kicking in protection for you.” If you experience side effects, they typically appear and go away

within 48 hours.

Some common site effects includes:-

- Pain and swelling on the injection area
- Headache
- Tiredness
- Chills
- Fever

## **2. Yes, you do need 2 shoots**

" Getting both shots is critical, says Dr. Ogbuagu, because the first shot is only about 50% effective when it starts to kick in, about 10 days after you get it. "The vaccine's effectiveness increases to 95% after the second shot,"

Another reason you need two shots is that scientists are still determining length and durability of the vaccine's protection.

## **3. The vaccines is safe to take.**

Based on the studies data by the U.S. from around 74,000 people from multi-national, across racial and ethnic lines; including in South America, South Africa and Europe, the vaccine is as safe and effective as it sounds.

## **4. Allergic reaction are rare – and treatable**

If you have a history of severe allergies to any vaccines or medications, you should discuss this with your doctor prior to getting the vaccination. Also, monitoring for any reactions for at least 15 minutes after the vaccination—and for at least 30 minutes for those with a history of reactions.

Vaccination sites will have medication and equipment for treating reactions, and on-site providers know how to use them to provide rapid care, if needed. Anyone who has a severe allergic reaction to the first dose of vaccination do not get a second dose.

## **5. Continue social distancing and other precautions after Vaccination.**

right now, we're in a situation where there's still very broad transmission in many countries, the transmission is just out of control. And so for how long we need to continue these precautions is really going to depend on what communities and countries can do to really crush this virus, to crush the transmission. And in that way, the vaccines can do their their best job at preventing disease.

*(An extract from [www.yalemedicine.org](http://www.yalemedicine.org) & WHO website)*

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