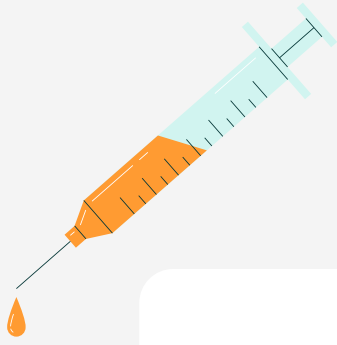


#PeoplesVaccine #FactsNotFear



Asivikelani. Vaccinate.

Should I get vaccinated?

The short answer is yes. It is by far the most effective way of protecting you and your loved ones from Covid-19 infection.

So, it is safe?

Very safe. That's what all the trials and regulations are about. These test for safety and then efficacy. There were stories about blood clots but even if these came from vaccines they were so rare compared to the number of people vaccinated that it would have been better to continue with the vaccination programme.

But what about side effects?

Most people experience mild side effects like headaches, tiredness and nausea, but this passes in three days or less. This is because the vaccine is working to build an immune response. If you do not get side effects, it does not mean your body is not creating an immune response. After the vaccination, it takes two weeks for the body to build an immune response.

What are the measures to manage mild to moderate side effects of the vaccine?

Take a Panado / paracetamol. If side effects are severe or last longer than three days, call your doctor or clinic.

Can I still get Covid-19 after being vaccinated?

You cannot get the virus from being vaccinated, because it doesn't have the actual Coronavirus in it. But unfortunately you can still catch the actual virus, because none of the vaccines are 100% effective.

Why should I get vaccinated?

Getting vaccinated can mean the difference between getting a very mild case versus a serious case. Vaccination can help you avoid hospitalization or dying. Vaccination is now open to all people in South Africa of 18 years and older. Getting vaccinated helps to keep yourself, your family and everyone around you safe.

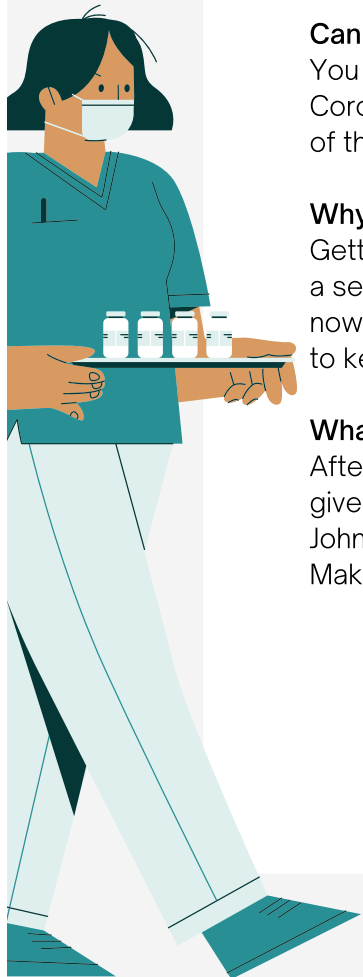
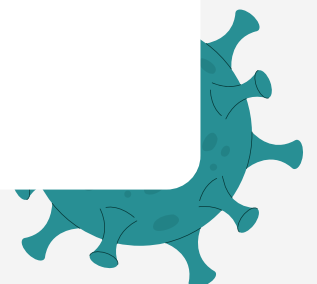
What must I do afterwards?

After being vaccinated, keep your vaccination card. If you got the Pfizer vaccine, it is given in two doses. You should return after 42 days for your second dose of Pfizer. Johnson and Johnson is a single dose vaccine. Both vaccines are good and effective. Make sure to keep practicing safety measures like masking up and distancing.

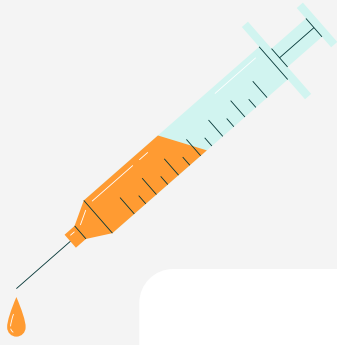
National Vaccine Monitoring Group



The National Vaccine Monitoring Group is supported by the Centre for Social Change at the University of Johannesburg.
To find out more or to get involved, call 011 559 1941.



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Asivikelani. Goma.

Kumele ngigome na?

Impendulo emfishane ithi yebo. Iyona Ndlela ehamba phambili yokuvikela wena nabantu obathandayo kwi-covid19.

Ngabe kuphephile na?

Yebo kuphephe kakhulu. Ingakho kubekhona ukuhlolwa nemithetho ehambelana nemijovo yokugoma. Lokuhlolwa bekwenzelwa ukuthi kucwaningwe ukuthi umgomo uphephile nokuthi usebenze kahle na. zikhona izindaba zokuthi abantu babe nezigaxa zegazi emuva kokugoma kidwa lokhu kuyimvela kancane uma ubheka abantu asebegonyiwe ingakho kuqhutshekiwe nokuthi abantu bagome.

Ngabe iziphi izimpawu ozoba nazo uma uqeda ukugoma?

Abantu abaningi bayaba nokuqhamukayo mabeqeda ukugoma njengokuphathwa ikhanda, ukukhathala nokuba nenhliziyo encane, kodwa lezipawu ziyadlula emuva kwezintsuku ezimbalwa. Lokhu kudalwa ukuthi amasosha omzimba asuke eziqinisa kuthi amelane ne-covid. Uma ungazitholi lezipawu akuchazi ukuthi umzimba wakho awuziqinisi. Emuva kokugoma kuthatha amasonto amabili ukuthi amasosha akho omzimba aziqinise ngokwanele.

Kumele wenzenjani ukuze ukwazi ukumelana nezimpawu ongaba nazo ngemuva kokugoma?

Kumele uthathe iPanado noma iParacetamol. Uma izimpawu ziqinisa noma ziba khona izintsuku ezidlula kwezintathu, kumele ubonane nodokotela noma uvakashele emthola mpilo.

Ngingakwazi ukuba ne-covid-19 uma sengigomile?

Ngekho usithole isifo se-covid-19 ngenxa yokugoma ngoba umgomo awunaso isifo se-covid-19 kuwona. Kodwa ngeshwa usangakwazi ukusithola isifo se-covid-19, ngoba imigomo ayinalo izinga eliwu 100% lokuvikela.

Kungani kumele ngigome?

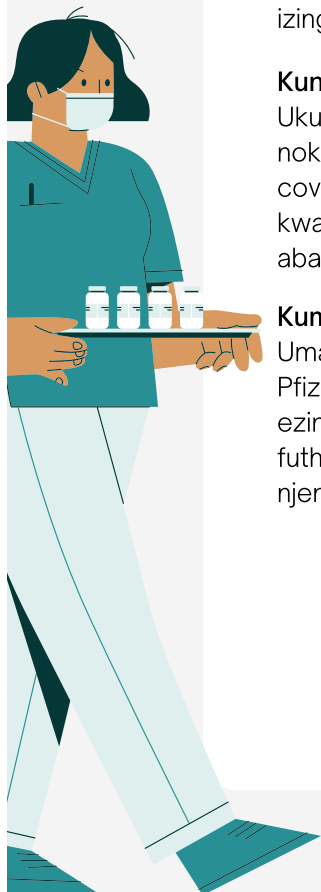
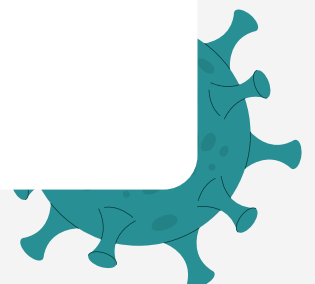
Ukugoma kuzokwenza umehluko phakathi kokuthi izimpawu ze-covid-19 zikuphathe kancane nokuthi zikujuqe. Ukugoma kuyakuvikela ukuthi ungazitholi usuya esibhedlela noma ubulawe i-covid-19. Ukugoma kuvulelwe bonke abantu base-Ningizimu Africa abaneminyaka engaphezulu kwa-18. Ukugoma kusisa ukuthi uphephisa wena, umndeni wakho kanye nabo bonke abanti abaseduze nawe.

Kumele ngenzeni uma ngiqeda ukugoma?

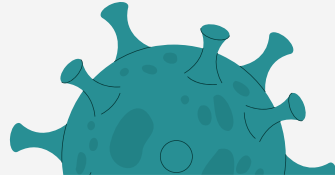
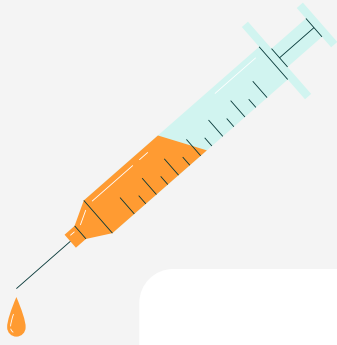
Uma uqeda ukugoma gcina ikhadi lakho lokugoma liphephile. Uma ugonywe ngomgomo waka Pfizer kuzomele ugonwe kabili. Kumele ubuyele ukuyogoma okwesibili emuva kwezintsuku ezingu 42. Umgomo waka Johnson and Johnson wona ugonywa kanye. Lemigomo yobili mihle futhi isebenza ngendlela efanenele. Kumele uqinisekise ukuthi uyaqhubeka ulandela imigomo njengokugcina ibanga Phakathi kwakho nabanye abantu kanye nokugqoka isifonyo.

National Vaccine Monitoring Group

iNational Vaccine Monitoring Group isekwe iCentre for Social Change eNyuvesi yaseJohannesburg. Uma ufuna ulwazi olongeziwe noma ufuna ukuba ingxenyu yalahlalanga fonela u 011 559 1941.



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Covid-19 inenting

Moet ek ingeënt word?

Die kort antwoord is ja. Dit is verreweg die doeltreffendste manier om jouself en jou familie teen Covid-19-infeksie te beskerm.

Is dit veilig?

Baie veilig. Alle entstowwe ondergaan 'n omvattende keuringsproses deur mediese reguleerders om te verseker dat dit veilig is. Dit toets vir veiligheid en dan doeltreffendheid. Daar was stories oor bloedklonte, maar selfs kom dit uit entstowwe, is dit so skaars in vergelyking met die aantal mense wat ingeënt is. Dit is daarvoor beter om voort te gaan met die inentingsprogram.

Maar wat van nuwe-effekte?

Die meeste mense ervaar ligte nuwe-effekte soos hoofpyn, moegheid en naarheid, maar die nuwe-effekte sal weg gaan in drie dae of minder. Dit is omdat die entstof besig is om 'n immuunrespons te bou. As jy nie nuwe-effekte kry nie, beteken dit nie dat jou liggaam nie 'n immuunrespons skep nie. Nadat jy die inenting gekry het, neem dit twee weke vir die liggaam om 'n immuunrespons te bou.

Wat is die maatreëls vir ligte tot matige nuwe-effekte van die entstof?

Neem 'n Panado / parasetamol. As nuwe-effekte ernstig is of langer as drie dae aanhou, bel jou dokter of kliniek.

Kan ek Covid-19 kry nadat ek ingeënt is?

Entstowwe gee jou nie die virus nie; dit leer eerder jou immuunstelsel om die infeksie te herken en te beveg. Maar ongelukkig kan jy nogsteeds die virus kry, want entstowwe is nie 100% effektief nie.

Hoekom moet ek ingeënt word?

Om ingeënt te word, kan die verskil beteken tussen 'n baie ligte geval teenoor 'n ernstige geval te kry. Inenting kan jou help om hospitalisasie of om te sterf te vermy. Inenting is nou oop vir alle mense in Suid-Afrika van 18 jaar en ouer. Inenting beskerm jouself, jou familie en almal rondom jou.

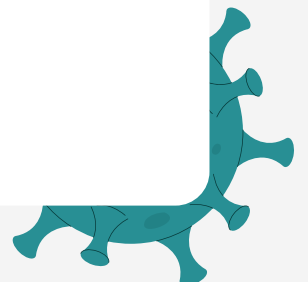
Wat moet ek doen nadat ek ingeënt is?

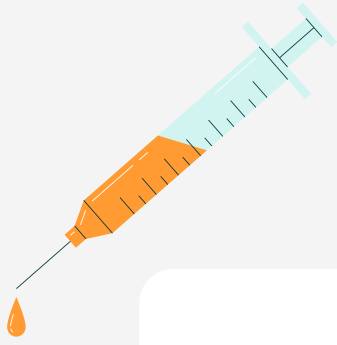
Nadat jy ingeënt is, hou jou inentingskaart. As jy die Pfizer-entstof gekry het, word dit in twee dosisse gegee. Jy moet na 42 dae terugkeer vir jou tweede dosis Pfizer. Johnson en Johnson is 'n enkele dosis entstof. Beide entstowwe is doeltreffend. Maak seker dat jy nogsteeds veiligheidsmaatreëls volg, soos om 'n masker te dra en te distansieer.

National Vaccine Monitoring Group



Die National Vaccine Monitoring Group word ondersteun deur die Centre for Social Change by die Universiteit van Johannesburg. Om meer uit te vind of om betrokke te raak, skakel 011 559 1941.





Ha re tshireletsane. Enta

Na nka enta?

Karabo e kgutshwanyane ke eya. Ke yona tsela e lokileng ho sireletsa wena le bao o ba ratang ho kokwanahloko ya Covid-19.

Na e bolokehile?

E bolokehile haholo fela. Diteko le melawana di etseditswe seo. Diteko di etsetswa polokeho le katleho. Ho ne ho na le dipale ka ho harelana hwa madi empa le ha sena ne se etswa ke ente e ne e le palo tse nyenyane ho feta dipalo tsa batho bao ba entileng ke ka moo lenaneno lena le ileng la dumellwa ho tswela pele.

Empa ditlamorao tsa ente tsona?

Batho ba bangata ba ba le ditlamorao tsa ente tse tshwanang le ho tshwarwa ke hlooho e nyenyane, ho kgathala le ho nyekelwa ke pelo, empa tsena di fela ka morao ha matsatsi a mararo kapa a ka tlase. Sena ke hobane ente e sebetsa ho aha boitshireletso ba masole a mmele ho lwantsa kokwanahloko ena. Ha o sa bontshe ditlamorao tsa ente ya teng ha se hore mmele wa hao ha o ahe boitshireletso ba masole a mmele ho e lwantsha. Ka morao ha ho enta, e nka dibeke tse pedi hore mmele o ka aha boitshireletso ba masole a mmele.

Ke mehato efe eo o ka e sebedisang ho laola ditlamorao tse bonolo le tse itekanetseng tsa ente e?

Nka Panado/paracetamol. Ha eba ditlamorao tsa ente di matla e bile di nka nako e fetang matsatsi a mararo, letsetsa ngaka ya hao kapa kliniking.

Na nka thola Covid-19 le ha ke entile?

Ha o no thola kokwanahloko ho stwa ho ente hobane ha ena kokwanahloko ena. Empa ka bomadimabe o ntso ka thola kokwanahloko hobane ente ha e a sireletseha 100%.

Hobaneng ke tlameha ho enta?

Ho nka ente ho ka etsa phapang mahareng a ho thola ditlamorao tse bonolo kapa tse matla. Ente e ka o thusa hore o seke wa qetella o le sepetlele kapa o hlokaetse. Ente e dumelletse ho bohle ba dilemong tse 18 le ho feta. Ho enta ho thusa wena, ba lelolo, le bohle ba pela hao hore ba dule ba bolokehile.

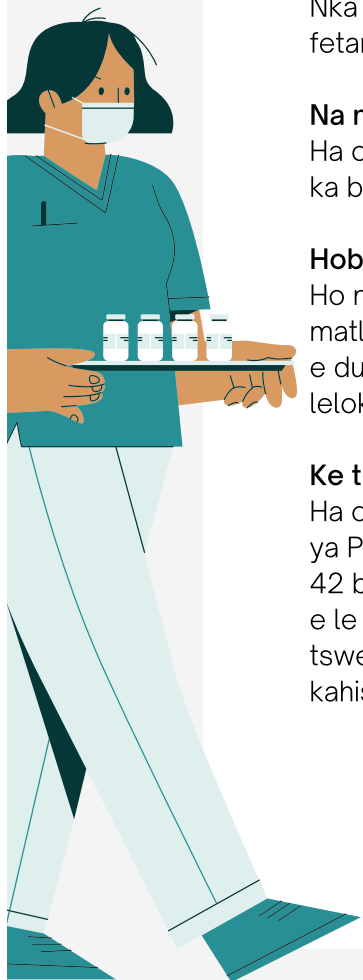
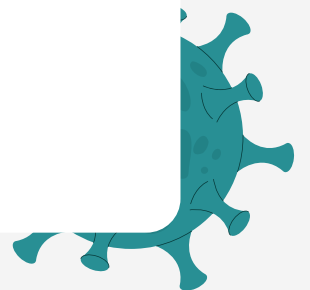
Ke tlameha ho etsang ka morao ha moo?

Ha o qeta ho enta, boloka karete ya hao ya kento e bolokehile. Ha eba o entile ka ente ya Pfizer, e fiwa ka tekanyetso tse pedi. O tlameha ho kgutlela ka morao ha matsatsi a 42 bakeng la tekanyetso ya bobedi, ente ya Johnson and Johnson yona ke tekanyetso e le nngwe fela. Kaofela ha ente tsena di hantle e bile di na le katleho. O netefatse ho tswela pele ka ho itlwaetsa mehato ya polokeho jwalo ka ho apara mask le sebaka sa kahisano.

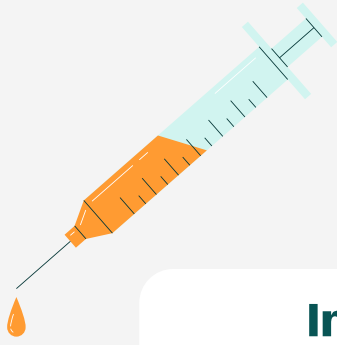
National Vaccine Monitoring Group



National Vaccine Monitoring Group e tsheheditse ke Centre for Social Change Univesithing ya Johannesburg. Ho thola ha batsi kapa ho kenella, letsetsa 011 559 1941.



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Imibuzo neempendulo ngkugonyelwa intsholongwane ye covid19

Ingaba kufanelwe ndigonywe na?

Impendulo emfutshane ithi “Ewe” okwangoku ukugonywa yeyona ndlela ebalulekileyo ukuzikhuseleni wena nabo ubathandayo kwintsholongwane ye covid 19.

Ingaba kukhuselekile na ukugonya?

Ewe, yiyo lonto kuqale kwenziwa uphando, uvavanyo kwamiselwa nemithetho eqinisekisa ukhuseleko kumntu othe wathatha esi sigonyo.

Ingaba ikhona na imiphumela engamihlanga emva kokuthatha esi sigonyo?

Ewe, abanye abantu baye baphathwe yintloko. ukudinwa komzimba nesizaphuzaphu, kodwa emva kwentsuku ezintathu ziye zinyamalale . Ungathatha ipilisi ye Panado kodwa ukuba ke kuyenzeka ziqhubeke kumele ukuba udibane no gqira kungenjalo uye eclinic ekufutshane nawe. Oku ke kwenziwa kukuba isigonyo sizama ukwakha nokuqinisa amajoni omzimba kwaye ke singathatha neveki ezimbini ukwenza oko emzimbeni.

Ndingakwazi na ukuba ne covid 19 emva kokuba sendigonyiwe?

I covid 19 ayingeni emntwini ngesi sigogonyo, yona ungayifumana noba sowugonyiwe kodwa ke kukunqanda ukuba ingakuhlasele ngamandla kangangokuba ungafa.

Kutheni kufuneka ndigonyiwe?

Ukugonya kwenza umehluko ngokuba ungasinda ekubeni ugulele ukuba uyokulala esibhedlele kungenjalo ufe. Ngoku kuvulelekile ukugonywa komntu oneminyaka elishumi elinesibhozo (18) nangaphezulu. Masigonyeni sizokukhuseleka kwakunye nabantu esibathandayo.

Ndenza njani emva kuko gonywa?

Gcina ikhadi lakho lesigonyo kwindawo ekhuselekileyo. Ukuba ugonywe nge Pfizer, yazi ukuba ithathwa ngezigaba ezibini. Kumele ubuyele emva kwentsuku ezingamashumi amane anesibini (42) uye kwisigaba sesibini, kanti xa ugonywe ngo Johnson and Johnson, iba sisigaba esinye nje kuphela.

Zombini ezi zigonyo zikhuselekile kodwa ke kumele uqhubeke ngokuzikhusela ngokunxiba isicheme sakho (mask) kunye nokuziqelelanisa ebantwini ngokomgama obekiweyo (social distancing).

National Vaccine Monitoring Group



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