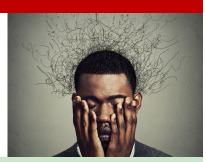
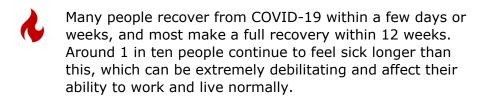


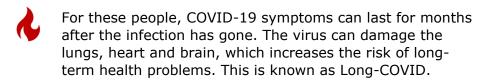
COVID-19 VACCINE UPDATE 6 NOVEMBER 2021



Vaccine halves the risk of Long-COVID, study finds

HOT OFF THE PRESS:





- There are many symptoms associated with Long-COVID; from extreme tiredness, shortness of breath, brain fog and chest pain, to insomnia, joint pain, depression and hair loss.
- How long it takes to recover from Long-COVID is different for everybody. We are still learning how long the illness lasts and how best to manage it.
- Research from King's College London suggests that being fully vaccinated halves the risk of developing Long-COVID in adults who become infected.
- There is also some evidence that getting the vaccine could reduce Long-COVID in people who caught the virus before they were vaccinated.

If you are 12 years or older, register and get vaccinated:

vaccine.enroll.gov.za

WhatsApp REGISTER to: 0600 123 456

Free SMS: *134*832#

Call 0860 142 142 weekdays 8AM—8PM

In person at a vaccination site

Until everyone has access to vaccines, it is important to protect those around you by adhering strictly to COVID-19 safety protocols:



CareWorks Contact Centre: 0800 24 36 72 Weekdays: 8AM to 5PM and Weekends: 8AM to 1PM WhatsApp: 082 735 4472



