



NEWS ALERT

COVID-19 VACCINE UPDATE 6 NOVEMBER 2021



Vaccine halves the risk of Long-COVID, study finds

HOT OFF THE PRESS:



Many people recover from COVID-19 within a few days or weeks, and most make a full recovery within 12 weeks. Around 1 in ten people continue to feel sick longer than this, which can be extremely debilitating and affect their ability to work and live normally.



For these people, COVID-19 symptoms can last for months after the infection has gone. The virus can damage the lungs, heart and brain, which increases the risk of long-term health problems. This is known as Long-COVID.



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:



Wear a mask



Sanitise your hands regularly



Maintain social distancing

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