



NEWS ALERT

COVID-19 UPDATE 20 AUGUST 2021



From today, anyone over 18 can receive a vaccination. It's an ideal time to set straight some common COVID myths!

HOT OFF THE PRESS:



I don't have any symptoms, so even if I have COVID, I can't pass it on. **WRONG!** Even without symptoms, you pose a risk to other people. One study estimated that people without symptoms are responsible for more than half of new infections.



I'm vaccinated, so I can't get COVID. **WRONG!** The vaccine protects you from serious illness, but there is still a chance you can get COVID and pass it on to others.



If I can still get COVID, there is no point in getting the vaccine. **WRONG!** The vaccine reduces your chances of serious illness, hospitalisation and death. Data from around the world shows that hospital COVID wards are filled with people who are not vaccinated.



I've had COVID already, so I don't need a vaccine. **WRONG!** The best immunity is in people who have had COVID and are fully vaccinated.



Masks don't work. **WRONG!** COVID is mostly airborne and spread by people breathing, talking, shouting and singing. Masks stop your breath from hitting other people's faces when you talk to them.



I have a strong immune system, so I don't need a vaccine. **WRONG!** It is impossible to predict who will survive a COVID-19 infection and who won't—even young, strong, healthy people have died. The vaccine is the best way we have of predicting who will survive COVID.

If you are 18 years or older, register and get vaccinated:

vaccine.enroll.gov.za
WhatsApp: 0600 123 456
SMS: *134*832#

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