

# Vaccinating our Educators and Staff at Schools



## WHAT TO EXPECT ON THE DAY OF VACCINATION?

### On the day of your vaccination

- You must wear a mask and clothing you can remove easily to expose your left shoulder.
- You will be provided with information/materials about the vaccine.
- You will be asked again to give permission to be vaccinated. Any questions and concerns that you have about the vaccine will be responded to by the healthcare workers.

### When you get vaccinated

- Your vaccinator will ensure that your name and contact details are correctly captured on the registration system.
- You will be asked a few questions relating to your medical history.
- Tell your vaccinator if you have had a serious allergic reaction before or if you take medication that might make your bruise or bleed easily.
- Your vaccinator will sanitise or wash their hands before giving the vaccine.
- You will receive an injection into the muscle of your left arm, just below the shoulder. It might be a bit uncomfortable.
- Apply gentle pressure afterwards, do not rub it.

### When you are done

You will need to be observed for at least 15 minutes after your vaccine so that your vaccinator can help you if you develop an allergic reaction (this is very rare). If you have had any previous allergic reactions to anything, you will need to be observed for 30 minutes.

- Side effects such as a painful arm, fever, headache, fatigue, muscle aches and nausea are common from about 6 hours after vaccination - it shows that your body is building an immune response to the vaccine. You can use paracetamol if necessary. These side effects usually resolve within 24 hours.
- You will receive a leaflet with more information about side effects.
- If you have any questions or concerns, you may contact the Western Cape call centre on **0860 142 142**.

### After the injection:

Protection starts around two weeks after the first injection but is best one month after the single Johnson and Johnson vaccine.

Even after you received the vaccination, you must continue with COVID-19 prevention measures, such as wearing a mask, keep a physical distance from other people, avoiding crowds and confined spaces, and washing your hands regularly. We must protect those who have not been vaccinated.



Western Cape  
Government

Education

Send the word '**REGISTER**' to **0600 123 456** on WhatsApp or dial **\*134\*832#**. For support to register, call **0860 142 142** or visit **www.westerncape.gov.za**  
(Information supplied by the Western Cape Department of Health)