



## Information for people regarding the COVID-19 vaccination



### Who can get vaccinated? With which vaccine?

#### → Who can get vaccinated and where ?



Since May 31<sup>st</sup>, anyone over the age of 18 can get vaccinated as well as young people between the ages of 16 and 18 who have been diagnosed with a long-term illness.

As of June 15<sup>th</sup>, all children over the age of 12 can get vaccinated.

Information on vaccination **centers** and **pharmacies** administering the vaccination can be found on the website [sante.fr](https://sante.fr).

You can:

- Make an appointment on [sante.fr](https://sante.fr)
- By telephone: 0 800 009 110 7 (7 days a week from 6 AM to 10 PM);
- You can find out more information with your treating physician or ask for help with the appointment process;
- If you are treated in a PASS center, ask your physician for guidance.

#### → With which vaccine ?

There are different types of vaccines:

- **mRNA Vaccines:** For example, the Pfizer and Moderna vaccines. They may be proposed to anybody over the age of 18.
- **Viral vector Vaccines:** For example, the Astra-Zeneca and Janssen vaccines. They can be proposed to anyone over the age of 55.

Thanks to these vaccinations, the body produces defense mechanisms, which enable it to protect itself against serious forms of COVID and defend itself later on if it encounters the disease.

For the Pfizer, Moderna and Astra Zeneca vaccines, you need **2 doses** to be completely protected while for the Janssen vaccine **1 single dose** is enough.

## Information regarding the vaccination

- It is not dangerous for people who have pre-existing illnesses (for example: diabetes, hypertension) to get vaccinated.

These people must be vaccinated as a priority due to their **fragility** and the risk of complications if they catch COVID.



- The vaccination is not mandatory.



It is up to the person to decide if they want to get vaccinated. They can make this choice to protect themselves **as well as the people around them (like the elderly)**.

- The vaccination is free.

**The vaccination is free for everyone**, with or without medical insurance.



- A person can get vaccinated, even if they had COVID.



The person must get **the vaccination to make sure they are protected**.

If the person currently has COVID or if they had COVID within the last three months, their body has already developed antibodies and still has them. Therefore, you need to wait 3 months after the illness is over to get vaccinated. The person will need one single dose of the vaccine.

- Vaccinated people must continue to wear a mask and respect the health measures

Since not everyone has been vaccinated yet, we cannot know who is protected, so it is **important to continue to wear a mask and respect the health measures**.



- Travelling abroad is easier for those who are vaccinated



The health pass is a system that will make it possible to present three different types of proof: negative test results, **the vaccination certificate** and an attestation proving that you recovered from the coronavirus after having caught it. It will make travelling abroad and going to large gatherings or certain places easier.

- Traditional medicine and eating certain foods is not enough to protect against COVID.

It is very important to eat well: fruit, vegetables as well as other healthy food. Medicinal plants may be used as well, but there is no scientific proof of their effectiveness against the virus, contrary to the vaccine. **Getting vaccinated is still necessary.**



→ The vaccination is possible and recommended for people with allergies.



**People who have allergies can get vaccinated.**

Let the physician know during the medical consultation before the vaccination. The physician may give you some advice. Similarly, if you are ill on the day of the vaccination, you need to notify the physician.

→ The COVID vaccines have side effects.

Since the beginning of the COVID vaccination, **millions of people have been vaccinated all over the world** in Europe, the United States, South America, Africa and Asia. The most common side effects are mainly pain in the injection area (arm), fatigue, headaches and muscular or articular pain. These side effects generally disappear within 24 to 48 hours after the injection.



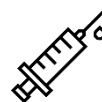
→ People who take medication, for example malaria, still need to be vaccinated.



As of today, there is no medication that protects against COVID. **Only the vaccination makes it possible to protect against the serious and deadly forms of this illness.**

→ There are variants, but the vaccinations are effective.

**Studies show that the vaccinations are effective against the virus and its variants.** These vaccinations protect the population against serious forms and complications from COVID. The more people vaccinated, the less the virus will spread, and the lower the risk of more variants appearing.



→ Getting vaccinated is in keeping with different religious practices



Religious authorities **highly recommend the vaccination** and there are no religious faiths that are opposed to it.

→ If you are taking medication for an illness, you should not stop taking it either beforehand, during or after the vaccination.

**Medication should not be interrupted** and you do not need to be on an empty stomach to get the vaccination (you can eat and drink before the vaccination).



→ Drinking alcohol and using drugs does not inhibit the vaccination



**You can have addictions and still get vaccinated.** Even if you consumed substances on the day of the vaccination.

→ The vaccine's protection is not passed down to the fetus during a pregnancy.



**Vaccinations protect the person who is vaccinated and their entourage.** No vaccination provides long-term immunity to the child. As they grow up they will need to get vaccinated for protection. The vaccination has no impact on breastfeeding. A woman who breastfeeds can therefore get vaccinated.

→ The vaccination is recommended for pregnant women

Since April 3, 2021, **pregnant women are a priority for the vaccination as of the pregnancy's 2<sup>nd</sup> trimester.** It is important that they get it then because as of the 3<sup>rd</sup> trimester, they are considered at risk for more serious forms of the virus.



## Questions about the vaccination

→ What's the point of the second dose?

The first injection enables a small part of the virus to enter the body and the second injection **strengthens its effect and prolongs the period of protection.** With one single injection, the risk is that the vaccination functions for a shorter period of time and the person is not completely protected.

→ What is a variant ?

Like all viruses, the COVID virus is multiplying. This rapid multiplication causes several "modifications," which we call mutations. Most of them do not have any effects, but sometimes some of them lead to the creation of a new virus strain, slightly different, which we call **a variant.**

→ Can the vaccine change our DNA?

No, **it is impossible to modify our DNA** with a vaccination. Vaccines make it possible for the body to produce its own defenses, but afterwards it is eliminated from the body.

→ How is it possible that the COVID vaccines were developed so quickly?

The first studies were started very quickly because there were already **two vaccines very similar to the COVID vaccine** in existence. Since it was a global pandemic, **countries invested a great deal of money,** which made it possible to save time and produce several vaccines. **The health authorities validate and monitor** the vaccinations on a **continual basis.**