



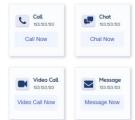
Preparations Before Vaccine

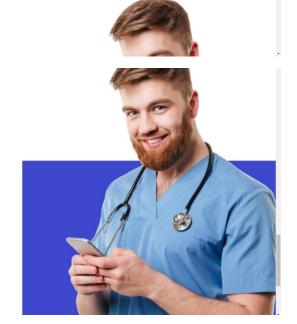
The succes of vaccines is strongly influenced by the strength of the body's immune system. Therefore there are several things that can be tried to make the COVID-19 vaccine work:

I	Avoid alcoholic beverages	•
×	Avoid the stress	-
11	Eat healthy food	•
×	Get enough sleep	-
•	Exercise or physical activity	

Emergency contact

Contact one of the contacts below if you or your family feel unwell and have similar symptoms such as COVID-19, make sure you also take care of yourself before reporting to us:





Vaccination

Our goal is to help world world free from the

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