

## Fight cirus With vaccines

Let's stop this pandemic by killing the virus with a vaccine, don't let yourself and tour family get infected

🏆 Best protection ★ Selected Vaccines

🕒 Schudule your vacations

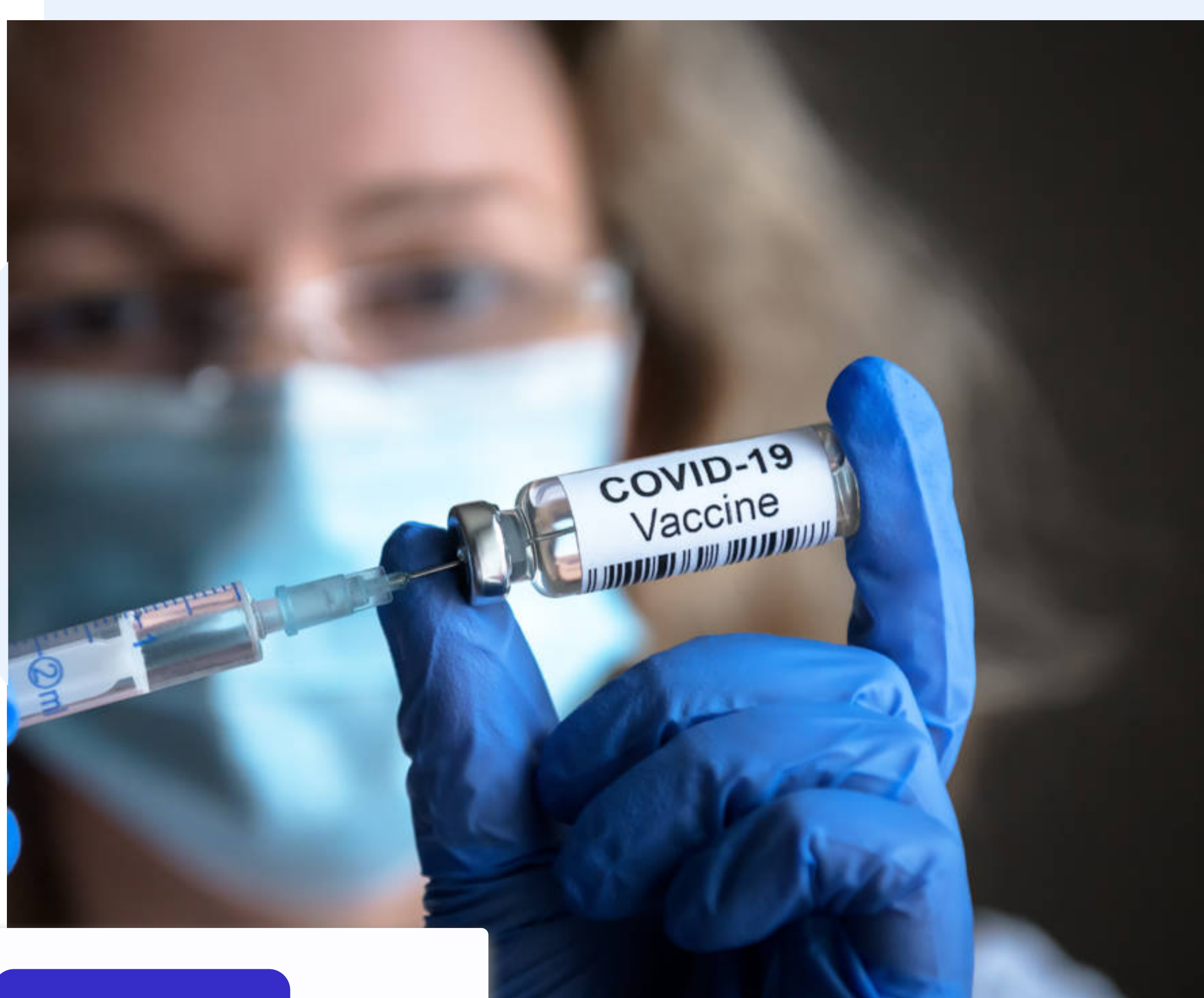
📍 Location 📅 Date 🖋 Vaccine Type

Jakara Utara

08 July 2021

Moderna

Submit



AstraZeneca

SINOVAC

Pfizer

moderna

## Why should I vaccine?

In order to avoid any doubts about getting the COVID-19 vaccine, identify the following 4 benefits of COVID-19 vaccination



### Minimize the spread of viruses

Vaccine has been proven effective to prevent someone from getting infected with Coronavirus



### Forming antiboides

COVID-19 vaccine proven to help shape antibody response for immune system



### Protecting people nearby

The benefits of COVID-19 vaccination are the vaccine that we get can also help protect people around us



### Creating group immunity

COVID-19 vaccination is also beneficial for creating group immunity or herd immunity

## Preparations Before Vaccine

The success of vaccines is strongly influenced by the strength og the body's immune system. Therefore, there are sevreal thongs thar can be tried to make the COVID-19 vaccine work:

✕ Avoid alcoholic beverages



✕ Avoid stress

Stress has a profound effect on immune worl. Moreover, prologed stress can increase cortisol production and oxidarive stress in the body.



🍲 Eat healty 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 yourselfbefore reporting to us:



Call

021.123.145.14

Call Now



Chat

021.123.145.14

Chat Now



Video Call

021.123.145.14

Video Call Now



Messages

021.123.145.14

Message Now



### Vaccination

Our goal is to help the world free form the ongoing pandemic

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