

## Vaccination

Database Education News Regulation

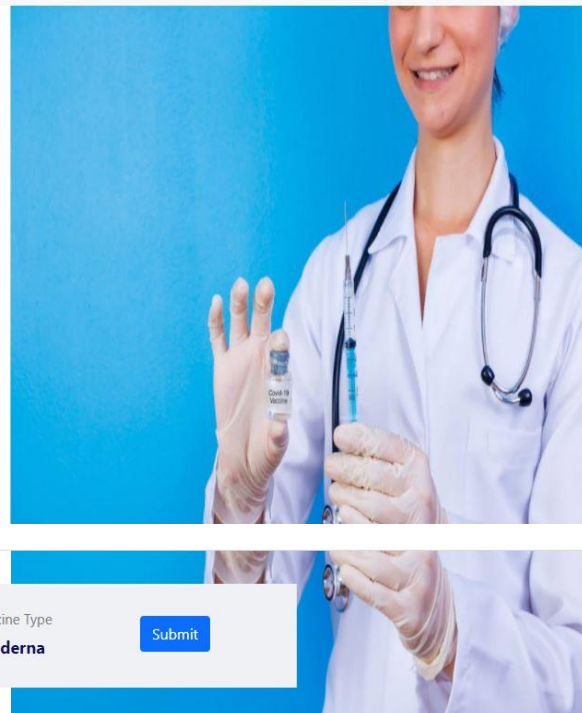
Hoax Buster

## Fight Virus With Vaccines

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

💡 Best protection ★ Selected Vaccines

🕒 Schedule your vaccinations



📍 Location

Jakarta Utara

📅 Date

08 July 2021

🖋 Vaccine Type

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 antibodies

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



#### Protecting people nearby

The benefits of COVID-19 vaccination are the vaccine tha we 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 of the body's immune system. Therefore, there are several things that can be tried to make the COVID-19 vaccine work:



#### Avoid alcoholic beverages



#### Avoid stress

Stress has a profound effect an immune work. Moreover, prolonged stress can increase cortisol production and oxidative stress in the body



#### Eat healthy food



#### Get enough sleep




#### Exercise or physical activity




## Emergency Contact

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

 **Call**

021.123.145.14

[Call Now](#)

 **Chat**

021.123.145.14


[Call Now](#)



 **Video Call**

021.123.145.14

[Call Now](#)

 **Message**

021.123.145.14

[Message](#)



### Vaccination

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

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