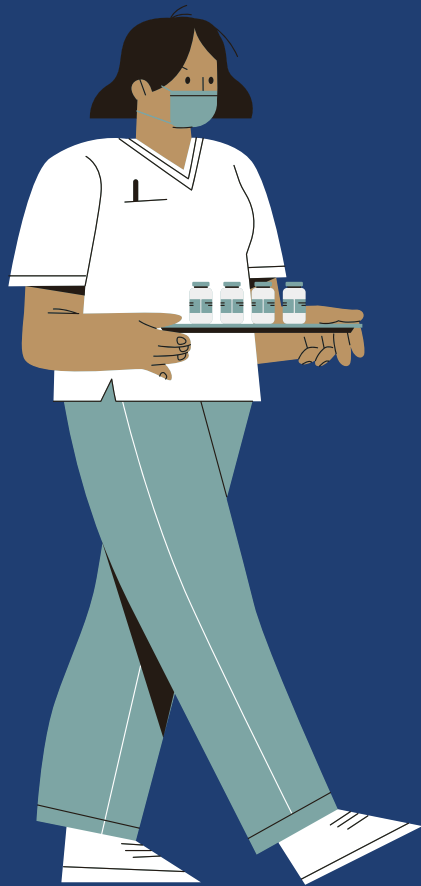


PREPARATIONS BEFORE VACCINE

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:



FOR MORE INFORMATION VISIT:
[HTTPS://IAMDANIHDZ.GITHUB.IO/CSS-LAUNCHX/](https://iamdanihdz.github.io/CSS-LAUNCHX/)



1

**Avoid alcoholic
beverages**

2

Avoid stress

3

Eat healthy food

4

Get enough sleep

5

**Exercise or physical
activity**

VACCINATION

