

Covid-Appropriate Procedures after Vaccination

*Social Distancing norms must be followed even after getting vaccinated. On the whole, it might be 90 to 95 percent effective, but you don't necessarily know how effective it is for **you**.*

Stay at home.

Limit all your non-essential travels.

Unless you're going out for food, medicines or other essentials.



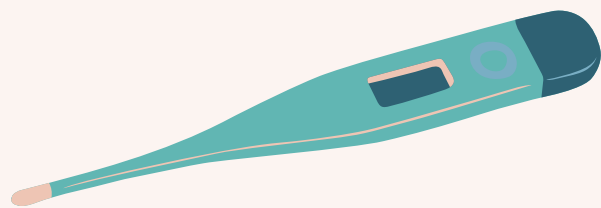
Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



You may not be infected but could spread it to others.

Even asymptomatic people are spreaders.



Mild Symptoms – Side Effects

If you get mild fever, headache, fatigue, pain at the jab-site, these are normal. Nothing to worry about.



In case of severe symptoms, contact +91-11-23978046 (Toll free- 1075), or email [nvoc2019\[at\]gov\[dot\]in](mailto:nvoc2019[at]gov[dot]in).

Watch out for newer symptoms.

Aside from fever, cough, difficulty breathing, and fatigue, Covid-19 symptoms now include **head-, stomach- or body-ache, vomiting, hearing problems, and/or conjunctivitis.**



Practice social distancing.

If you need to go out, maintain at least 2 meters (6 feet) distance from others.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.

