VACCINATION 13/3/22, 23:28

Database Education News Regulation Hoax Buster Logo

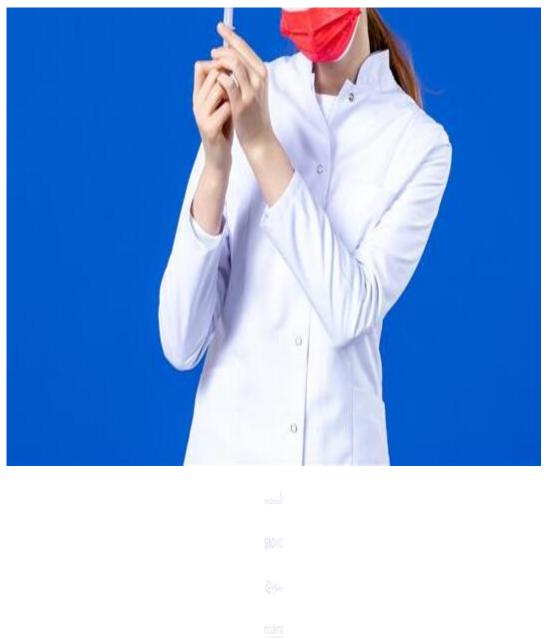
Fight Virus With Vaccines

let's stop this pandemic by killing virus whith a vaccine. don't let yourself and your family get infected



OSCHEDULE YOUR VACCINATIONS





Preparetions before vaccines

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 on immune work. Moreover, prolonged stress can increase cortisol production and oxidative stress in the body	•
1.	Eat healty foog	•
	Get enough sleep	•
•	Exercise or physical activity	•
•	Avoid alcoholic beverages	•

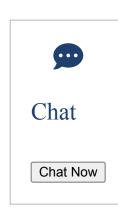


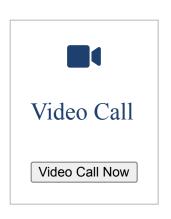


Emergency Contact

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













Vaccination About Support

Our goal is to help the

world free from the

ongoing pandemic

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