

COVID-19 VACCINATION

***JUST REGISTERED
FOR THE VACCINE?***

HERE'S YOUR HANDY GUIDE
FOR BEFORE & AFTER YOU
GET INOCULATED




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Starting May 1, Phase 3 of one of the world's largest vaccine drive begins. COVID-19 vaccines that were so far given to frontline workers and people aged above 45, are now being administered to all adults.

So read on for all that you need to know about the vaccines available to Indians, how to register, dos **and don'ts before and after the jab, eligibility criteria and how to get your vaccine certificate.**



MAY 1: REGISTER TO GET VACCINATED

The registration process for the same commenced on April 28, 2021, on the CoWIN website the official COVID-19 vaccination portal of the **Ministry Of Health And Family Welfare (MoHFW) or Arogya Setu App or Umang App.**

<https://www.cowin.gov.in/home>



HOW TO REGISTER FOR COVID-19 VACCINATION

STEP
01

Register mobile number via CoWIN portal (<https://cowin.gov.in>) or Arogya Setu App or Umang App

STEP
02

Enter personal details of name, age & upload identification documents (Pan Card/Aadhaar Card)

STEP
03

Select nearby vaccination centre based on location and schedule the appointment

STEP
04

Download the appointment confirmation and print a copy for reference

STEP
05

Carry all required documents such as personal ID and vaccine registration confirmation from the CoWIN website to the medical centre and take the first shot



LIST OF VACCINES APPROVED FOR **USE** **IN INDIA:**

The chief regulatory body in India, the Drugs Controller General Of India (DCGI), has authorised the use of three COVID-19 vaccines in India, namely Covishield, Covaxin and Sputnik V

Covishield:



- Formulated by AstraZeneca and Oxford University
- Manufactured in India by the Serum Institute in Pune, Maharashtra
- Route of administration: Intramuscular, given on the arm
- Gap between first and second dose must be: 4 to 8 weeks

Covaxin:

- India's first indigenous vaccine formulated by the Indian Council For Medical Research (ICMR), National Institute Of Virology (NIV) and Bharat Biotech
- Manufactured in India by Bharat Biotech in Hyderabad, Telangana
- Route of administration: Intramuscular, given on the arm
- Gap between first and second dose must be: 4 to 6 weeks



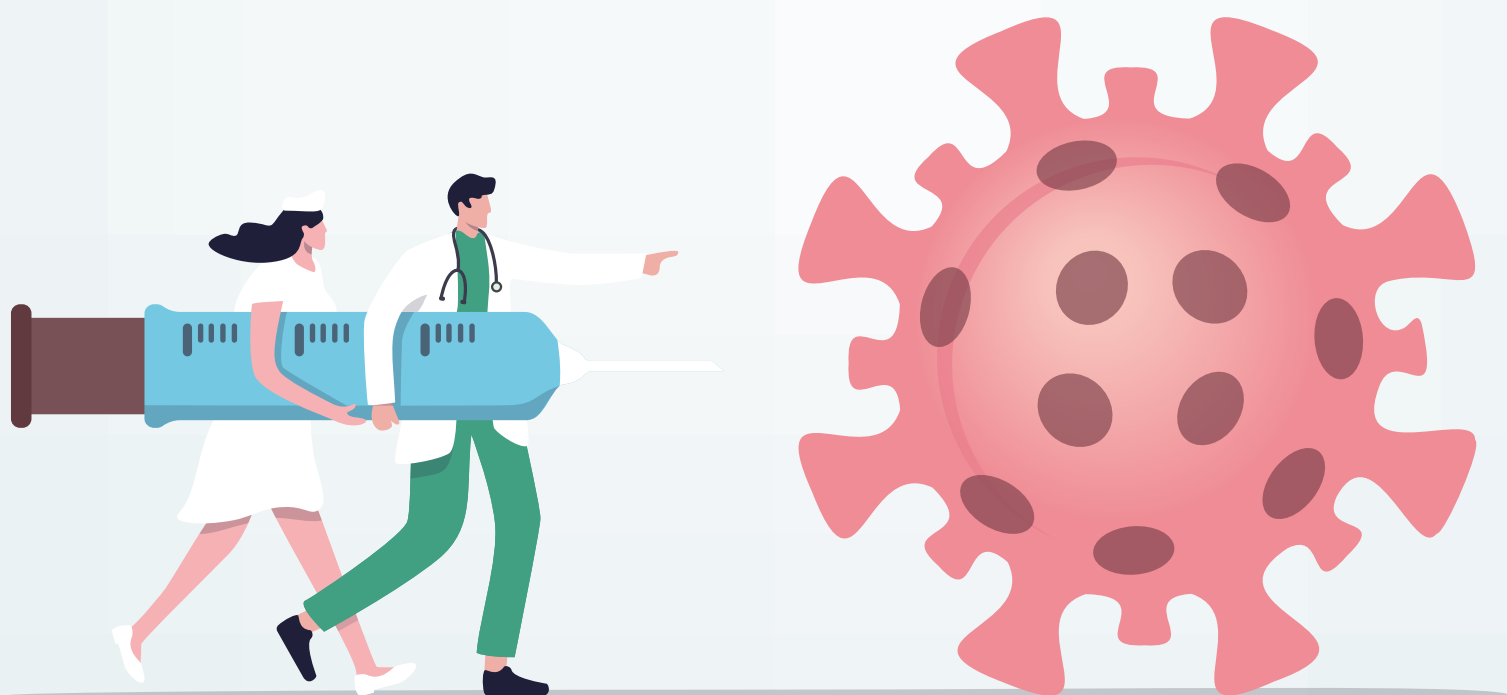
Sputnik V:



- Developed in Russia by the Gamaleya Research Institute Of Epidemiology And Microbiology
- Imported and sold in India by Dr Reddy's Laboratories, Hyderabad
- Route of administration: Intramuscular, given on the arm
- Gap between first and second dose must be: 3 weeks / 21 days

WHO SHOULD AVOID GETTING THE **COVID-19 VACCINE?**

- People below the age of 18
- Individuals suffering from high fever
- Pregnant women and lactating mothers
- People showing active symptoms of COVID-19 (can take only after 4-8 weeks)
- If you have recently recovered from COVID-19, talk to your doctor before getting vaccinated
- People suffering from acute illness and hospitalized even with non-COVID-19 related conditions (take the vaccine after 4-8 weeks or after complete recovery)
- People who are immunocompromised due to chronic conditions like cancer, HIV or are on immunosuppressants need to take medical advice
- Individuals who are on blood thinners should consult a doctor before getting vaccinated



GOT YOUR APPOINTMENT? HERE'S WHAT YOU NEED TO DO

There is no particular preparation for getting immunized. However, here are some pointers



- Wear loose fitting clothes and ensure that your upper arm is not covered with cloth
 - Wear a mask, don't think that the vaccine will offer you immediate immunity
 - Carry a bottle of water and be prepared to wait
 - There is no restriction on eating before you get the vaccine, but we have some diet tips for you on **Page 11**
 - Stay back at the vaccine centre for 30-40 minutes after getting the jab to ensure that you do not have any side effects or dizziness
 - If you are experiencing some unexpected symptoms, alert the medical staff there at once
-

DOS AND DON'TS AFTER GETTING THE VACCINE

Some common side effects like mild fever, rash at the site of injection, fatigue are common. Don't get anxious - these are normal

If you are feeling severe discomfort like chest pain, difficulty breathing and other critical symptoms, seek immediate medical intervention



It will take at least 3 weeks for the antibodies to kick in. So, follow all precautionary measures like masking, sanitizing and maintaining social distance

You can drink alcohol but in very moderate amounts. Avoid smoking (kick the habit if possible)

FAQS

I Missed The Window For My Second Dose? What Should I Do?

Well, schedule it immediately. The good news is that you do not have to repeat the first shot again.

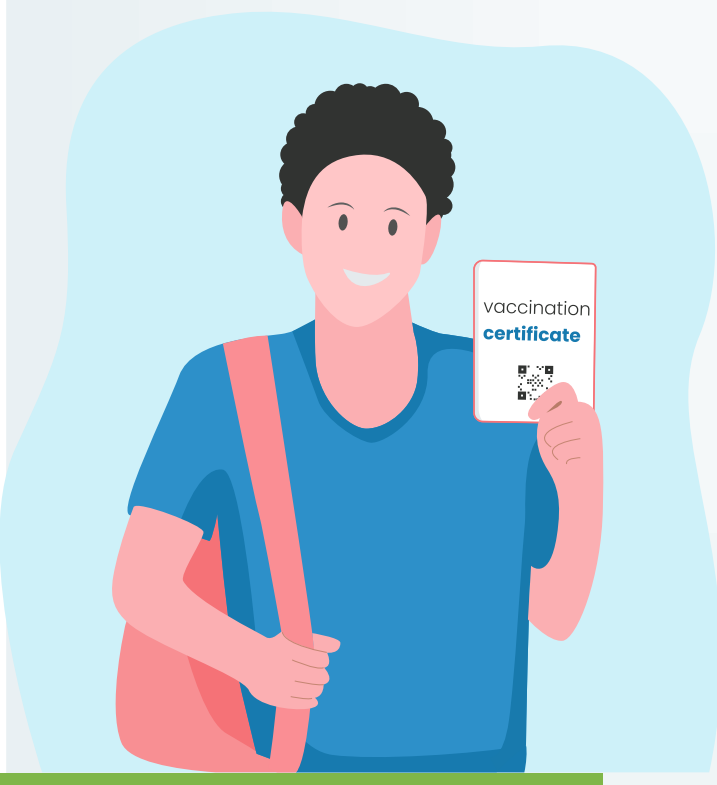
Can I Choose My Vaccine?

People between 18-44 can choose their preferred vaccine, if they are getting inoculated in the private centres. The government centres will however continue inoculation with whatever vaccines available with them.



How Do I Get My COVID-19 Vaccine Certificate?

- A provisional certificate will be available after taking the first shot. It comes with your name, age, photo, vaccine name, date, hospital name and other details. On completion of second dose, you will be intimated by a link to download your vaccine certificate
- Open the same portal or App where you registered the mobile number
- Enter your beneficiary number and click on Get Certification option
- Download the certificate



WHAT TO EAT AND **WHAT TO AVOID**

Good nutrition plays a crucial role in the safe vaccination process

Hydrate! Have plenty of water, fruit-infused drinks, tender coconut water, buttermilk, and hydrating foods to lessen the side effects, if any

Include whole grains like wheat, brown rice, and millets that help to keep the body energized

Eat protein-rich foods like pulses, eggs, dairy, and dairy products to trigger immunity

Consume probiotics like plain curd, flavoured yogurt, idly, dhokla to enhance gut health and digestion

Cut down on saturated fats and deep-fried foods

Avoid sugary and processed foods

Limit intake of tea, coffee, or other energy drinks



WHAT IF I TESTED POSITIVE EVEN BEFORE TAKING THE FIRST SHOT OF VACCINE?



Do not panic. There is a protocol in place for all the corona patients and the first step is to self-isolate. And here is what you should do next.

- Get tested. Go for a RT-PCR test or rapid antigen test. If it turns positive, go into self-isolation, talk to your doctor for medical advice and follow it diligently.
- Keep checking for oxygen saturation, body temperature and other vitals for every few hours. If you notice laboured breathing with dip in oxygen levels below 95, seek emergency medical care.
- Go for a CT-Scan only if your doctor prescribes it. An early scan may project false results and derail treatment procedure.
- Children below 12 have mild symptoms. However, keep an eye on their body temperature, mood swings and change in eating habits.
- Loss of smell, taste are common. It may take weeks to get it back for some individuals. Be patient.
- Do not venture out of home for medicines and daily essentials. Use online portals to get them home delivered.
- Eat healthy. Consume diet loaded with vegetables, fruits, dairy products, protein and do not forget your vitamin supplements.
- Stay away from alcohol and smoking.
- Personal hygiene plays a crucial role. Take shower twice a day, keep your surroundings clean.
- If you are feeling asymptomatic and normal, get back to Work- From-Home mode. Professional commitments don't have to pause.

SYMPTOMS THAT WOULD REQUIRE **HOSPITALIZATION:**

The good news is 85% patients do not require hospitalization but if you are facing following complications rush to emergency medical care immediately.



Difficulty Breathing:

Laboured or shortness of breath indicates severe viral load. See the doctor immediately, before it worsens.

Dip in Oxygen Saturation:

Low level of oxygen saturation is life threatening. Keep a pulse oximeter handy and if you notice SpO2 below 95, ask for emergency medical care.





Brain Fog:

Delirium, bouts of confusion, sluggish mood, difficulty carrying out simple tasks will require medical attention.

Blue Lips:

If you notice lips turning blue in colour, it means the oxygen levels are depleting. It can damage vital organs in no time. Rush to hospital for urgent intervention.



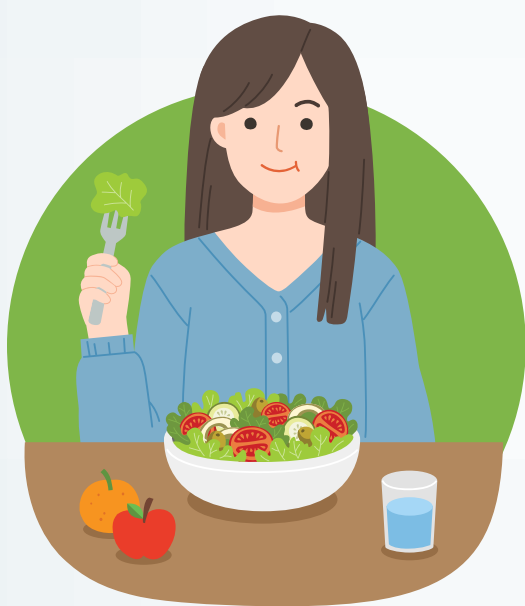
Chest Pain:



Chest pain is an indication of pathogen attacking the mucosal linings in the lungs resulting in tugging pain and discomfort. Visit hospital right away for help.

RECOVERING AFTER COVID-19? HERE'S YOUR DIET CHART

Congratulations, you have just tested negative for COVID-19. Before you break into a jig, let us caution you that it's time to eat healthy and build your immunity back.



Calories

Consume calorie-dense foods like whole-grain cereals like wheat, millets, oats, brown rice and starchy roots such as potato and sweet potato daily.

Proteins

Include high protein diet of about 75-100 gm for faster recovery and for the essential amino acids to guard you from harmful pathogens.





Fruits and Vegetables

Natural fresh fruits and vegetables boast a dense nutritional punch such as dietary fibre, vitamins, minerals and antioxidants.

Immunity Building Foods

Herbal drinks like kadha, turmeric milk, ginger tea, green tea and other natural concoctions uplift your energy levels and strengthen immune response.



Fluids

Drink at least 8-10 glasses of water every day. An infection can dehydrate the body, so it's vital to replenish fluids.

Fats and Oils

Consume unsaturated fatty acids such as nuts, olive, sunflower, gingelly, soy, canola and corn oils.



Limit Salt and Sugar

Limit the salt intake to less than 5gm per day and use iodised salt. Avoid snacks that are high in sugar like cookies, cakes and chocolates instead choose fruits and nuts.

COVID-19 RECOVERY

DIET CHART

Early Morning



Milk -1 glass
and almonds -2

Breakfast (Choose Any One)



Vegetable Idli - 4
Millet Dosa - 3
Dhalia Khichadi -1 ½ cup
Lemon Poha or
Upma -1 ½ cup with
Moong Dal
Sprouts -1/2 cup
Sambar or Dal 1 cup or
Tomato or
Mint chutney -1/4 cup

Mid-Morning



Khada -1 cup
Mixed Fruits – 1 Bowl
(Orange, guava, apple,
papaya, watermelon)

Mid-Afternoon



Lentil or
Palak Soup- 1 bowl

Lunch (Choose Any One)



Brown rice or
hand-pounded rice or
khichadi - 2 cups
Or Rotis- 4, Sambar or
Rajma or Channa - 1 cup
Green vegetable poriyal
or any vegetable - 1 cup,
Mixed vegetable
salad - 1 cup,
Curd - 1/2 cup

Mid-Evening



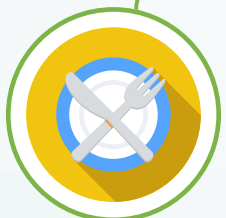
Turmeric Tea - 1 cup
Mixed Fruits Bowl - 1 cup

Tea-time (Choose Any One)



Milk - 1 glass
Snack:
Boiled legumes -1 cup
Or Sweet potatoes
boiled -1 cup Or
Poha with jaggery- 1
cup Or Toast -2 slices
Or handful of
dry fruits -1/4 cup

Dinner (Choose Any One)



Brown rice or
hand-pounded
rice - 2 cups
Or Dhalia khichadi - 1.5
cups or broken wheat
pongal - 1.5 cups
Dal or Channa
curry -1 cup
Vegetable dry -1 cup

Early Dinner



Pumpkin or
Tomato Soup 1 bowl

Bed-Time:
Milk – 1 glass
and almonds-5



STAY SAFE.
STAY HEALTHY.
GET VACCINATED.

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