

IMPORTANT REMINDERS AFTER GETTING COVID-19 VACCINATION



COVID-19 vaccine helps to protect you from severe COVID-19 infections. Even if you've already received your first dose/second dose of the COVID-19 vaccine, you can still get infected but only with mild symptoms.



Help prevent the spread of the virus to your family and community through the following:

1

Stay at home unless travel is essential

2

Open windows and ensure proper ventilation and air circulation at home or your place of work

3

Maintain a balanced and healthy diet, exercise, and avoid smoking and alcohol

4

Monitor your health and call your Barangay Health Emergency Response Team if you have symptoms AND POSSIBLE EXPOSURE TO THE VIRUS.

5

Remember, vaccines only add to the protection provided by the BIDA behaviors (**B**-awal walang mask, **I**-sanitize ang mga kamay, **D**-umistansya ng isang metro, **A**-lamin ang tamang impormasyon) and minimum public health standards.

Prepared by:



GENDER AND DEVELOPMENT OFFICE

Source:



<https://doh.gov.ph/Vaccines/What-you-can-safely-do-after-receiving-the-COVID-19-vaccine>

MAY BAKUNA NA? APAT DAPAT PA RIN!!



Air Circulation

Pakikipagkita sa mga lugar na bukas o patuloy ang daloy ng hangin.



Physical Distancing

Panatiliin ang distansya sa bawat isa.



Always wear MASK & SHIELD PROPERLY

Palaging isuot nang wasto ang face mask at face shield.



Thirty minutes or less

Pakikisalamuha sa iba ng mas mababa sa tatlungung minuto.

KAHIT SAAN KA PUMUNTA, APAT DAPAT!



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