NELSON MANDELA
UNIVERSITY

VACCINATION 101

All you need to know about vaccines

What is a vaccine?

- A vaccine is a medicine that helps the body fight infections and illnesses.
- Vaccines have stopped millions of children from getting sick and dying from diseases like measles, polio and mumps.
- Many adults have had vaccines against diseases like the flu and tetanus.
- Most vaccines are given by injection.

How does a vaccine work?

- A vaccine works by helping the body recognise a new sickness, such as COVID-19, and then teaches the body how to fight it.

- When a person comes into contact with this sickness, their body is then ready to fight it and the person will not get severely ill.

Why do we need to have the vaccine?

- Vaccines save lives.

- They are a key intervention in stopping millions of people from getting sick and even dying from COVID-19.

What is herd immunity?

(also known as people immunity)

- When most people in a community are vaccinated, the virus has difficulty circulating because most of the people are now immune.

- The more people who are vaccinated, the less likely people who are unable to be protected by vaccines are at risk of being exposed to the virus. This is called herd immunity.

- No single vaccine provides 100% protection, and herd/people immunity does not provide full protection to those who cannot safely be vaccinated.

Will I get sick if I take the vaccine?

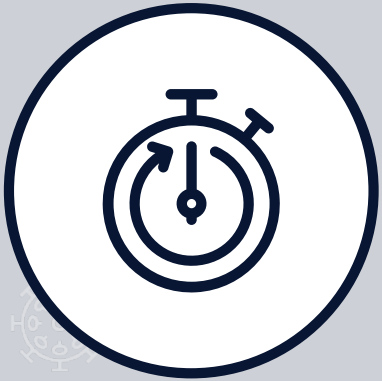
- No, the vaccine will not make you sick with COVID-19. It prevents you from becoming severely ill due to COVID-19.

- Most people will have a sore arm for a few days after the injection is given but will feel fine.

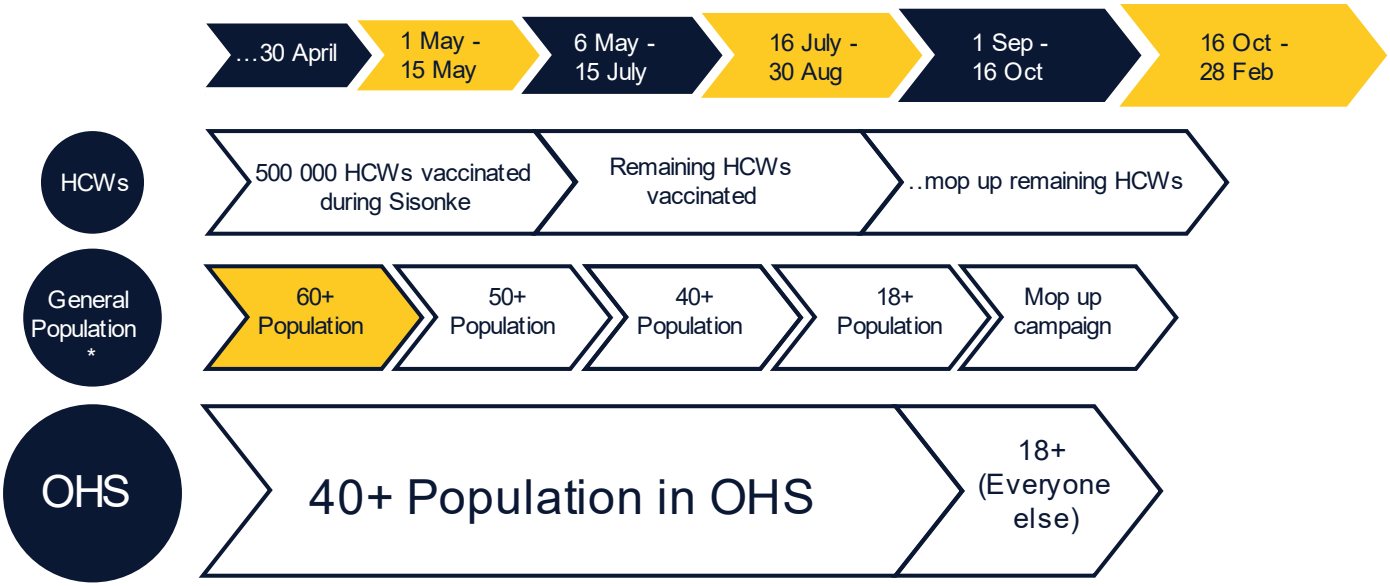
- Some people may have sore muscles, feel a little tired, have a headache, or may feel hot. These experiences mean that the vaccination is working, and they will go away in one or two days.

When will I get the vaccine?

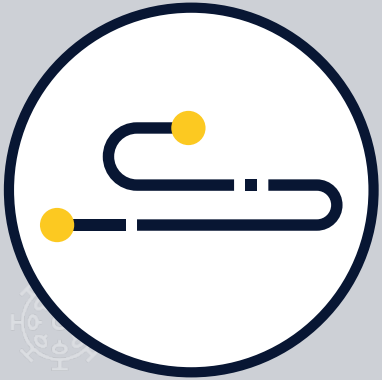
- Our government wants most South Africans - at least 40 million - to be vaccinated by the end of 2021.
- The more of us who are protected against COVID-19, the quicker the sickness will go away.
- The vaccine is being rolled out in three phases, starting with health and frontline workers who are most at risk.
- Phase 2: for those over 60 and all those in occupational health settings who are 40 years and older.
- Phase 3: everyone else over the age of 18.



Timelines and Target Population – who goes first, when, and why do they go first?



- Phase 1 is underway for frontline workers. Phase 2 will start on 17 May (operating during May 2021); with Pfizer and J&J being utilised in parallel.



The journey of a vaccine

The COVID-19 vaccine, like all vaccines, travels a long journey before it is given to you. That is to make sure that it is safe and powerful enough to fight COVID-19. It is a journey that starts in a laboratory and ends with an injection in your arm.

Here is how the vaccine made its way to South Africa

The COVID-19 vaccine began life in a laboratory.
Scientists from all over the world worked together to get it right.

The vaccine is tested very carefully for safety in the laboratory.

The vaccine is tested on humans.
Many volunteers from across the world were given the vaccine to test if it is safe and works properly

The results are sent to international medical approval bodies to be 100% sure.

The vaccine is sent to a factory for production.
This can take up to 3 months

The vaccines are checked again for quality

The vaccines are put into special clean bottles at the factory

The vaccines are now ready to be transported

The vaccines are kept cold on the long journey to South Africa

The vaccines land in SA

The vaccines are transported by a cold storage truck to Bloemfontein

Here they are tested again by our scientists for quality and safety.
This can take between 10-14 days

The vaccines are transported in refrigerated vehicles to hospitals, pharmacies, and other vaccinations sites

Trained staff make sure they are stored correctly and are ready for the patients

The vaccine is put into a syringe and injected into the upper arm of the patient

How does the vaccination process work?

- Once the University has full details on the way forward, this process will be explained.
- The University will be an accredited vaccination site.
- You will be invited to have your vaccination at a certain time and place.
- Once at the vaccination centre, you will be guided through the process

What happens if I decide not to vaccinate?

- No-one can force you to take the vaccination.
- You need to give your consent.

Is the vaccine guaranteed to keep me safe from COVID-19?

- It will stop most people who get the vaccine from getting severely ill with COVID-19.

- A small number of people might still get a little sick from COVID-19 after they have been vaccinated.

- You must continue to practice all COVID-19 prevention measures – wear your mask, wash your hands, sanitise your hands, and practice social distancing.

- Without the vaccination you could still become very ill and even die.

What is the South African variant? Will the vaccine work with it?

- The SA variant was discovered in December 2020 as the vaccine mutated.
- It is more transmissible than the original coronavirus.
- The vaccine will work but some are not as effective against the SA variant of the virus.

Will I need to wear a mask, sanitise etc. going forward?

- Yes, until there is herd immunity, we will need to continue with COVID-19 prevention measures.
- Wear your mask.
- Practice social distancing.
- Regularly wash and sanitise your hands.

Is the COVID-19 vaccine safe?

Although it was developed very quickly to save lives, it has gone through all the tests, including approvals from a panel of experts from the World Health Organisation, that other vaccines go through.

Where is South Africa getting its vaccine from?

- Government has secured 500 000 doses of the Johnson & Johnson (J&J) vaccine.
- Half a million health workers will be vaccinated with the J&J vaccine.
- About 300 000 healthcare workers have already been vaccinated.
- A total of 17 hospitals countrywide will take delivery of the vaccine.

- Teams of researchers and vaccinators will work together to vaccinate health workers, working in shifts of up to 10 hours a day, seven days a week.

- The J&J vaccine requires a SINGLE DOSE in the upper arm.

- The Pfizer vaccine will require TWO DOSES – about three weeks apart – in the upper arm.

How is the COVID-19 vaccine given?

- The vaccine will be given by a trained health care worker in places like hospitals, clinics, pharmacies, or doctors' surgeries, and in the case of Nelson Mandela University, it will be administered by colleagues at the COVID-19 screening centre.

- It is given as an injection in the arm.

- Protection starts around 10-14 days after vaccination, and even as early as 7 days for severe disease. Protection rises to good levels around a month after vaccination. The J&J vaccine and the Pfizer vaccines are both currently available.
- The University will be dispensing the two-dose Pfizer vaccine.

Was there a deliberate delay in acquiring a COVID-19 vaccine for South Africans?

- There has been no deliberate delay to access the COVID-19 vaccine.

- The country was selecting vaccines on their safety and efficacy, ease of use, storage, distribution, supply sustainability and cost.

Who is buying the COVID-19 vaccine for South Africa?

- Government will source, distribute and oversee the rollout of the vaccine. It is the sole purchaser of vaccines and will distribute it to provincial governments and the private sector.

- A national register for COVID-19 vaccinations – the Electronic Vaccination Data System (EVDS) – has been established.

- The vaccination system will be based on a pre-vaccination registration and appointment system. All those vaccinated, will be placed on a national register and provided with a vaccination card.

Will we all get the vaccine at the same time?

- No. There are not enough vaccines in the world at the moment to give everyone the vaccine now.
- However, the government is committed to making sure that there we will have enough vaccines this year for most people in the country.
- The vaccine will be rolled out in three phases.
- Healthcare workers will be receiving it first , since they are the most at risk and need to be protected from COVID-19.

What are the side effects?

For both:

In the arm:

Pain

Redness

Swelling

Through out the rest of the body:

Tiredness

Headache

Muscle pain

Chills

Fever

nausea

Safety data for Pfizer?

Side effects common within 7 days of getting vaccinated, mostly mild to moderate

Side effects more common after the second shot

Small number of people had severe side effects that affected their ability to do daily activities

How do I register for the vaccination?

EVDS

ELECTRONIC VACCINATION DATA SYSTEM

Your Guide to the Electronic Vaccination Data System (EVDS)

Citizens aged 60 years and older need to register for their COVID-19 vaccination through the EVDS self enrolment platform

6 steps to register for vaccination if you are 60 years or older:

STEP 1

Make sure you have internet access

STEP 2

You will need a smartphone, a tablet or a computer

STEP 3

Connect to the internet and go to https://vaccine.enroll.health.gov.za/#/

https://vaccine.enroll.health.gov.za/#/

STEP 4

The welcome screen will tell you what to do next.

STEP 5

Follow the instructions. Put in all the details the system asks for.

STEP 6

When you are done the system will send an SMS to the phone number you provided. This means that the system now has you in the queue.

When it is your turn to be vaccinated, the system will send you an SMS with a date and the venue for your vaccination.

If you put in the correct address, you will be sent to the vaccination centre that is closest to your home

#IChooseVacciNation

What others are saying about vaccines

Nurse Zoliswa Gidi-Dyosi, a registered nurse and midwife, became the first South African to receive the COVID-19 vaccine at the Khayelitsha Hospital, in Cape Town.

“I was unaware that I would be the first one to receive the vaccine. The vaccination went well, and I was able to continue with my routine work after a short period of observation. I am still the same person I was before inoculation” said Zoliswa after receiving the vaccine.

She would also like to encourage other South Africans to get vaccinated: “I wish all people could see me and know that vaccines save lives. We can prevent avoidable deaths and funerals if we take vaccines, we can reduce the COVID-19 mortality rate in our country if we all dispel fake news and misinformation about vaccines.”

Being vaccinated on the same day, place and time with President Cyril Ramaphosa and Minister Zweli Mkhize will remain one of the most memorable events in her life, but Nurse Zoliswa still has a warning for South Africans: “Although I am vaccinated, I still comply with non-pharmaceutical prevention measures – wear a facemask, wash and sanitise your hands and keep your social distance.”

“Vaccines are one of our most effective healthcare interventions to protect individuals and communities from harmful, sometimes deadly contagious diseases. I will take the vaccine to protect my loved ones, my community and myself from COVID-19. Vaccination saves lives.”

Dr Lazarus Kuonza
Head, South African Field Epidemiology Training Programme

“Vaccines work really well and saved me from getting polio as a child. It has given me life-long protection against other viral diseases and I will definitely get vaccinated against COVID-19.”

Prof Lynn Morris
Head: HIV Virology Section,
Centre for HIV & STI’s

Where can I go with my questions?

Occupationalhealth@mandela.ac.za

The vaccine rollout webpage on

https://www.mandela.ac.za/News-and-Events/Coronavirus-Information/Vaccine-rollout under FAQs

Occupational Health

(COVID Centre)

(041) 504 1003 / 2045

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Our thanks go to Nelson Mandela University's health professionals; the Department of Health; the Eastern Cape Provincial Department of Health; Church in Action; Heartlines and the South African Council of Churches.