

**- Vaccination**

## Aren't you vaccinated yet?

### Here's what to do before, during, and after getting the jab

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As vaccination programs against COVID-19 are underway in most local government units, many are still in doubt. When deciding on whether or not to get a jab, it's important to consider that full vaccination will not only help reduce the risk of infection and suffering from severe symptoms but also protect your loved ones and the community as we strive to achieve herd immunity.



AXA Philippines, a leading insurance provider, has enlisted the help of Dr. Nina Gloriani, head of the vaccine development expert panel of the Department of Science and Technology (DOST), to share expert advice on what to do before, during, and after getting the COVID-19 vaccine.

**Before your appointment.** Individuals with comorbidities should first discuss vaccine-specific risks and benefits with their attending physicians. These include people with immunodeficiencies and senior citizens with special conditions (bedridden, in vegetative states, or with limited life expectancies). Meanwhile, individuals without health issues may have their health profiling, provision of informed consent, and screening on the day of vaccination. Everyone who's going to get a vaccine is advised to eat healthy balanced meals, drink plenty of fluids, and get enough rest and sleep before the appointment.

**Vaccination day.** On the day of your appointment, always wear a face mask and face shield and bring hand sanitizer or alcohol with you. If you belong to the A3 prioritization group, bring any proof of comorbidity. These may include a medical certificate, prescription for medicine, hospital records or surgical records, and pathology reports. Don't forget to bring valid government or company ID and your own pen for filling out forms. Be sure to take your maintenance medications before getting vaccinated, unless your doctor says otherwise.

**At the vaccination center.** Upon arrival at the vaccination site, be ready to present required IDs and documents. Expect to wait for some time. Most LGUs have online registration in place and this significantly cuts the waiting time. If you did not go through online registration, you will be asked to sign an informed consent form stating that you agree to be vaccinated. After that, you will undergo a health screening to check if your vitals are stable and if you're fit and qualified to get the vaccine at that time. If everything checks out, the medical staff will vaccinate you and observe you for 15-30 minutes, in case of an allergic or adverse reaction.

After getting vaccinated. Like all medicine, vaccines may have side effects, most of which are mild and short-term, and not everyone experiences them. Common adverse effects, such as numbness or pain at injection site, usually last for one to three days. If you experience fever, or flu-like symptoms, pain, or muscle aches, you may take paracetamol every four to six hours as needed. Make sure to report any adverse effects through the local vaccination site hotline, especially if symptoms or side effects persist or become worse. Go to the nearest hospital if you experience severe or unusual symptoms such as difficulty in breathing, wheezing, swelling of the face, or tightening of the throat.

Remember, the maximum efficacy of the COVID-19 vaccine can only be achieved after you receive the two doses so mark your calendar for both appointments. Even after receiving both doses, make sure to still take preventive measures, especially when you're in common public places.

Aside from getting the vaccine, there is more you can do to protect your health and that of your family, especially with hospitalizations, lab tests, medicines, and the negative impact that this pandemic can have on your health and finances. AXA Philippines offers its Global Health Access insurance product which provides comprehensive coverage worldwide of up to P175 million, including coverage for epidemic and pandemic diseases such as COVID-19. Apart from this, it covers reimbursement for COVID-19 vaccination, which policyholders can avail of until Dec. 31, 2021. It also covers the treatment cost for complications or allergic reactions arising from approved COVID-19 vaccines.