

## **Focus on COVID-19 vaccinations**

We have prepared a comprehensive list of possible questions that you may like answered regarding COVID-19 vaccinations.

### **Who is eligible for vaccination?**

All individuals over the age of 12 are eligible for vaccination.

### **Is it true that Momentum vaccination sites are closing permanently?**

Yes. With the number of vaccination centres that are now available countrywide and reduced demand for vaccines, we have decided to close our four vaccination centres. Our centres will be available until 11 March 2022 for vaccinations and will be closed with effect from 12 March 2022 onwards.

### **I'm due for an additional vaccine soon. Where can I get vaccinated after your vaccination centres are closed?**

If you or a dependant are due for a second or additional vaccine after the closure of our sites, you may use an alternative vaccination centre near you. Click [here](#) for a list of alternative sites.

### **When can I get the vaccine?**

Everyone over the age of 12 can register on EVDS to receive their vaccine. Below are the various ways to register on the Government's Electronic Vaccine Data System (EVDS):

- Online at [vaccine.enroll.gov.za](https://vaccine.enroll.gov.za).
- Using the WhatsApp line 0600 123456.
- Via SMS by dialling \*134\*832#.
- Call the COVID-19 hotline 0800 029 999.

### **What will I need to take with me to the vaccination centre?**

On the day of your vaccination, you should have with you:

- Your ID, birth certificate, passport or any other formal identification document;
- The voucher you would have received via SMS.

### **Where can I go for my vaccine?**

Once registered, you will receive an SMS from the EVDS, informing you of the date when you need to go for your vaccination, as well as the details of the vaccination centre you need to go to. You may choose to go to an alternative site to receive your vaccine. For a full list of all the vaccination sites, visit

<https://sacoronavirus.co.za/active-vaccination-sites/>.



### **Are COVID-19 vaccines safe?**

South Africa's medical regulating body has approved all COVID-19 vaccines that are being administered in the country, after they met the scientific standards for safety and efficacy. These vaccines have been developed using an approach that uses messenger RNA technology. This technology has been studied for more than a decade and does not contain any live virus, nor does it interact with human cells or change your DNA in any way. Those with a compromised immune system, older people with severe frailty, people with a history of severe allergic reaction to vaccines, people living with HIV, and those who are breastfeeding should consult a doctor before getting vaccinated.

### **Should I get the COVID-19 vaccine if I am pregnant?**

On 30 March 2021, the College of Medicine of South Africa released a statement that COVID-19 vaccination is strongly encouraged for non-pregnant women contemplating pregnancy. The statement continued to say COVID-19 vaccines using the mRNA or viral vector technology should be offered to all pregnant women after 14 weeks gestation. Pregnant women with co-morbidities, such as diabetes and hypertension in pregnancy, should be prioritised for vaccination, should vaccine supplies be limited. The Moderna and Pfizer-Biotech vaccines are mRNA vaccines that do not contain a live virus. Additionally, mRNA vaccines do not interact with a person's DNA or cause genetic changes, as it does not enter the nucleus of the cell. The J&J/Janssen vaccine is a viral vector vaccine using a modified version of a vector. Thus far, no adverse pregnancy outcomes have been reported when the same viral vector was used in other vaccines and administered to pregnant women in all trimesters of pregnancy.

### **Why should I go for the COVID-19 vaccine?**

COVID-19 vaccines enable your body to better fight the virus and **reduce the risk of severe illness, hospitalisation and even death**. The vaccine does this by giving the body signals to build immunity, so that your immune system can quickly recognise the virus and fight the resulting infection.

### **If others have received the vaccine, why do I need it too?**

Vaccines provide us with the best chance of ending the pandemic, but we need enough of the population to be immune to COVID-19, and this requires the majority of the population to be vaccinated. Once the majority of the world's population is vaccinated, we will be able to take control of the spread of this virus and prevent it from negatively impacting our lives.



### **Do I only need to have the vaccine once in my life?**

Scientists have not yet been able to determine how long immunity lasts, but it is likely that, like the seasonal flu vaccine, you will need regular COVID-19 vaccinations in years to come, even if you received more than one dose of the vaccine originally.

### **I received my first dose of the Johnson & Johnson vaccine; do I need additional doses?**

For maximum efficacy, you can go for a second “booster” dose at least two months (60 days) after you received your first dose. Immunocompromised individuals will need to get a referral from their doctor to get doses additional to the standard recommended dose/s.

### **I received my first dose of the Pfizer vaccine, when must I go for my second dose?**

For maximum efficacy, go for your second dose 21 days after you received your first dose, or as soon as possible if it has been more than 21 days since you received the first dose. You can receive your third dose 90 days after you received your second dose. Immunocompromised\* individuals, who received the initial two-dose Pfizer vaccine, can get an additional booster dose, 28 days after receiving their second dose. Immunocompromised individuals will need to get a referral from their doctor to get doses additional to the standard recommended dose/s.

### **Should I get the same booster vaccine as my initial dose?**

No. You can now mix your vaccines. Experts have confirmed that you can now mix and match your vaccines and the time interval between first and second doses of Pfizer has been reduced from 42 days to 21 days with effect from Wednesday, 23 February 2022. Learn more [here](#).

### **I am currently sick, when should I get my COVID-19 vaccine?**

If you have a current COVID-19, or any other viral infection, such as the flu, you need to consult with your doctor on when you will be ready to go for your vaccine. Generally, vaccines are deemed safe 30 days following an infection.

### **I just had my flu vaccine, when should I get my COVID-19 vaccine?**

Initially, it was recommended that individuals wait 14 days after getting the vaccine before receiving any other vaccines. This is no longer needed. In addition to this, COVID-19 vaccines can now be given at the same time with other vaccines. However, it is advised that the COVID-19 vaccine be given on the left arm, and the other vaccine on the right arm, with the arm of administration noted on the vaccination record.

**Do I need the vaccine if I have already had COVID-19?**

Yes, even if you have had COVID-19, getting vaccinated is recommended, especially since new variants of the virus continue to emerge and people are able to get infected by COVID-19 more than once.

**Does the vaccine guarantee that I will not get COVID-19?**

**No**, after having the vaccine, it is still possible for you to contract or transmit on the virus, which is why you still have to follow all COVID-19 protective measures. However, the vaccine does significantly **improve your chances** of avoiding severe illness.

**Will I feel sick after getting the vaccine?**

Some people experience side effects after having it – this is normal and shows your immune system is responding. Possible side effects include a sore arm, headache, fever or body aches that tend to last for a few days. Allergic reactions are rare.

**Who should not get a COVID-19 vaccine?**

It is recommended that people who fit into any of the following categories should consult a doctor before getting vaccinated:

- People who have a known allergic reaction to any component of the vaccine.
- Immunocompromised individuals or those with autoimmune conditions.
- Older people with severe frailty.
- Children under the age of 12

Ideally, all individuals over the age of 12 should get vaccinated.

\*Immunocompromised – An individual with a weakened immune system due to a chronic illness or receiving extended treatment for a chronic illness.

**Where can I obtain more information regarding the vaccine or vaccination sites?**

Should you have any questions regarding the closure of our vaccination sites or want to enquire about the availability of a vaccine-type before booking a slot, please do not hesitate to call us on 031 574 3033 or send an email to [vaccinesitequeries@momentummetropolitan.co.za](mailto:vaccinesitequeries@momentummetropolitan.co.za).

**Will I still be able to access the latest COVID-19 related information on the Momentum website?**

Yes. However, we also encourage you to make use of <https://sacoronavirus.co.za/> as it always has the latest updates.