

Updated COVID-19 vaccines are available at the clinics.

Speak to your doctor if COVID-19 vaccine is suitable for you.



Covid-19 Vaccination Helps Protect Your Precious Moment.



Protect yourself and others today!

knowpneumonia.sg/covid-19

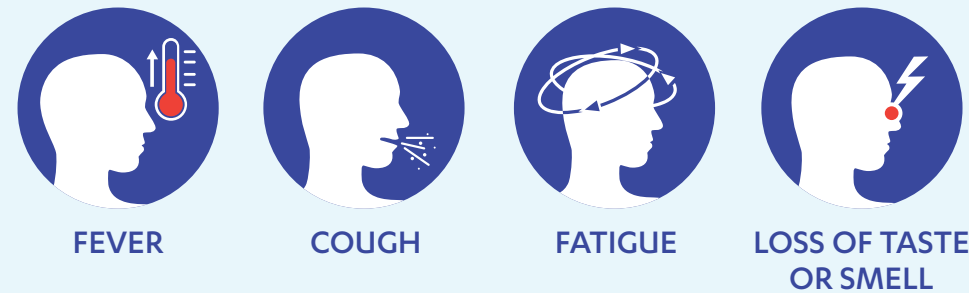


WHAT IS COVID-19?^{1,2}

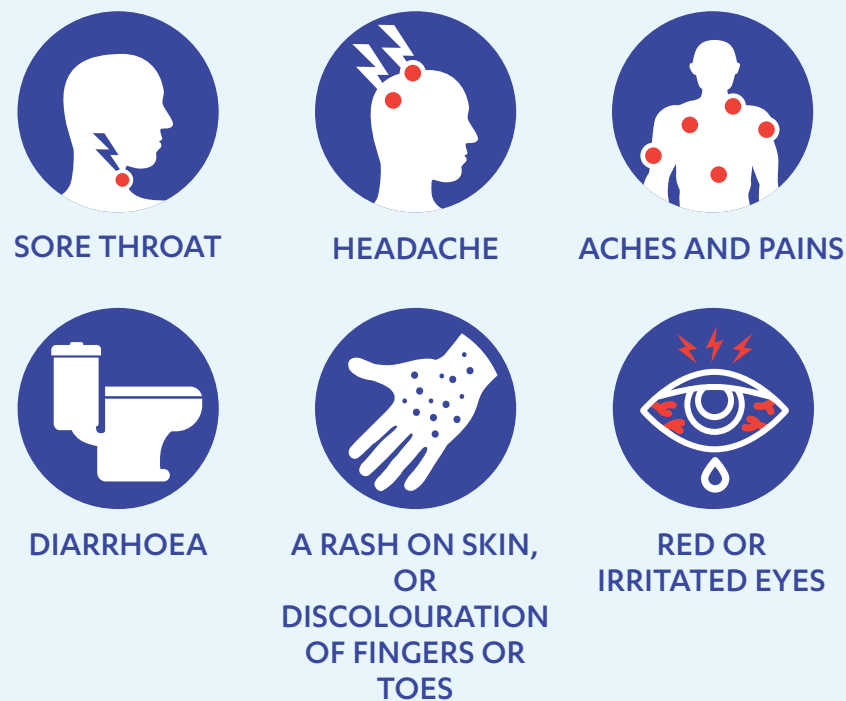
COVID-19 is a viral infection caused by the SARS-CoV-2 coronavirus. The virus can spread from an infected person's mouth or nose when they cough, sneeze, speak, sing or breathe. The COVID-19 virus can mutate quickly and has the potential to spread rapidly.

SYMPTOMS OF COVID-19^{1,3}

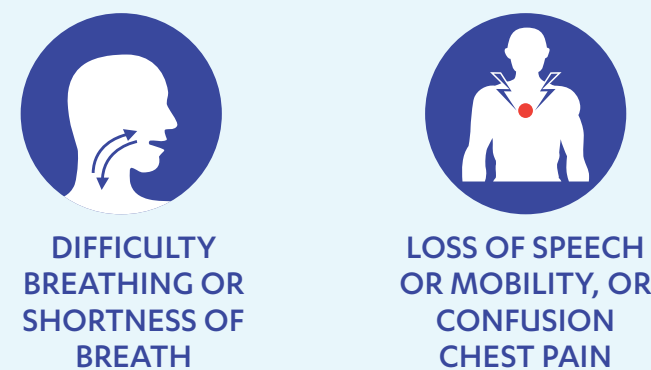
The most common symptoms of COVID-19 include:



Less common symptoms:



Serious symptoms:



WHAT IS LONG COVID?

According to World Health Organisation, long COVID is the continuation or development of new symptoms 3 months after the initial SARS-CoV-2 infection, with these symptoms lasting for at least 2 months with no other explanation^{4,5}.

Studies show that around 10–20% of people infected by SARS-CoV-2 may go on to develop symptoms that can be diagnosed as long COVID⁶.

WHO ARE AT RISK OF SEVERE COVID-19?⁷



Children (6 months and older) and adults, particular, healthcare workers, as well as household members and caregivers of medically vulnerable individuals are encouraged to receive the additional dose of the updated vaccine.⁷

Over time, there is a reduction in protection offered by COVID-19 vaccines and infection. Additional updated COVID-19 vaccine doses can help restore protection that has decreased since previous vaccination.⁸

*Medical Vulnerable refers to (a) Persons who are aged 60 and above (b) Patients who are immunocompromised or have concurrent medical conditions such as obesity (e.g., adults with a BMI >31, hypertension, diabetes, chronic heart and lung diseases, kidney diseases on dialysis, hypercoagulable states, cancer, or patients on drugs that cause immunosuppression; (c) Pregnant women; (d) Persons with Down's syndrome¹⁰

BENEFITS OF THE COVID-19 VACCINE⁷

- 1 Help protects against severe disease
- 2 Reduce the chance of transmission
- 3 Lessen the burden on our healthcare system



POTENTIAL SIDE EFFECTS⁹

Pain, redness, swelling at the injection site, fever, chills, headache, muscle pain, joint pain and tiredness.

Always seek medical attention if you feel unwell or are unsure on what to do.

Protect yourself and others today!

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Disclaimer: This brochure provides basic information to help you understand COVID-19 infection. It is not meant to replace the advice of medical professionals. Please speak to your doctor if you have any questions or concerns.

All images used are for illustrative purposes.

COVID-19: Coronavirus disease 2019



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