

COVID-19

Vaccination Programme

Communications priorities

2 – 8 May 2022

This report is for communicators promoting the uptake of the Covid-19 vaccination programme. We hope it will help guide you as you shape communication to best suit your audience.



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5th wave Ke Ready...

- ✓ Fully Vaccinated
- ✓ Boosted
- ✓ Fully protected

060 019 0000 0800 029 999 (Toll Free) #keready

HEADLINES THIS WEEK

The 5th wave is fast approaching and the vaccine gives you the best protection

- Whatever your age a vaccine will help your body fight off Covid faster and its better to get your 1st, 2nd or booster jab before the number of active cases get any higher.

Vaccines help to keep you out of hospital

- Most people who are very sick with Covid or in hospital have not vaccinated. With close to 50% of adult South Africans vaccinated what are you waiting for?

Get the booster jab to keep your immunity up

- Immunity does wane (decrease) and, yes you may have had Covid already but it doesn't offer you lasting protection. The booster vaccine gives you this extra immunity which will help as winter and the 5th wave hit.
- If you have hypertension or diabetes a vaccine plus a booster is a must for you.

Long-Covid is harsh, and a vaccine reduces your chance of suffering these

- Often young people battle with long-Covid for many months after recovering from the initial symptoms and even if they had mild Covid symptoms.
- You are less likely to suffer from long-Covid if you get vaccinated.

We are all tired of Covid but Covid-19 is still around

- Continue to check your behaviour to avoid spreading the virus and that means vaccinating. Also, avoid crowds, socialise outdoors, wear your mask when inside, keep windows open to allow air to flow freely, and wash hands regularly.

Reinforce Previous Messages

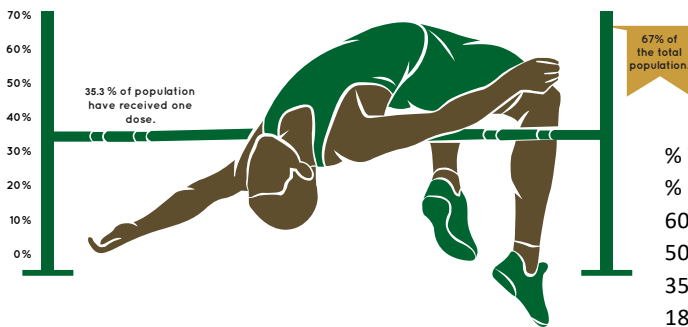
If you have a co-morbidity then the vaccine offers you the best protection

- Living with hypertension, diabetes, TB, HIV or obesity? Keep taking your meds and get vaccinated ASAP as the vaccine will help your immune system to fight off Covid if you get it.

Vaccines are safe with over 5 billion people choosing to be vaccinated

- Vaccines contain their respective active ingredient (mRNA in the case of Pfizer) and some harmless ingredients (found in lots of the foods we eat) such as salts, fats, sugars and stabilisers to keep it safe and help it work well. Boosters are exactly the same as the first and second vaccine doses of both J&J and Pfizer.

Progress with the Vaccination Rollout



Progress by 28 April 2022

	At least one dose	%	Fully vaccinated	%
% Total pop.	21,279,854	35.3%	18,319,837	30.4%
% Adult pop.	19,632,199	49.3%	17,811,007	44.8%
60+	3,818,692	69.4%	3,507,104	63.7%
50-59 yrs	3,141,335	65.2%	2,978,292	61.8%
35-49 yrs	6,216,397	53.2%	5,792,735	49.6%
18-34 yrs	6,452,659	36.3%	5,531,414	31.1%
12-17 yrs	1,647,655		508,830	
Booster doses	2,702,753			

Daily vaccination statistics

<https://sacoronavirus.co.za/latest-vaccine-statistics/>



Vax Champs

#vaxchamps

vaxchamp.org.za

Looking for a vaccination site?

- Call **0800 029 999**
- Visit **sacoronavirus.co.za**
- Use the App **Findmyjab.co.za**

Covid-19 Contact Centre

0800 029 99

7am-10pm weekdays

8am-6pm weekends & public holidays

English, Afrikaans, isiZulu, isiXhosa & Sesotho

Digital Vaccination Certificate

Download your vaccination certificate

<https://vaccine.certificate.health.gov.za>

Ask a friend, family or your employer to help you or call the Covid-19 contact centre on **0800 012 999**

Strategies & Interventions

Boosters

Over a period of time the immunity that your body has from the vaccine reduces and to keep your immunity high its important to have a booster. Boosters are also a safe way of increasing your body's immunity levels to fight new variants that have emerged since your last jab.

The booster is the same as the Pfizer or J&J first vaccines. There are currently two booster doses available for the J&J vaccine and one for the Pfizer vaccine. Boosters are only available for people 18-years.

People who are immunocompromised are able to get an additional dose which they take before the booster. A doctor or nurse needs to recommend and refer you for this additional dose.



Vaccination Schedule

Primary Schedule		Booster doses		
One dose	60 day interval	1 st booster	90 day interval	2 nd booster
J&J		J&J OR Pfizer		J&J OR Pfizer

OR

Primary Schedule			Booster dose	
1 st dose	21 day interval	2 nd dose	90 day interval	Pfizer OR J&J
Pfizer		Pfizer		

Isolation Period

The isolation period was reduced in February from 10 days to 7 days for people who have Covid-19 and have symptoms. What that means is that you need to stay home, minimise contact with others in your home, wear your mask and wash hands or sanitise them often.

However, many people don't have any symptoms (they are asymptomatic) but when they test for Covid-19, maybe to travel or to enter a sorting event, that's when they find out that they are positive. This means there are many people carrying the virus without even knowing it. It is not necessary to isolate but it is recommended that you do stay home as much as possible and always wear your mask in public until the 7 days is up.

If you are a known contact of someone with Covid take extra precautions for 5-7 days especially when with people, but there is no need to isolate unless symptoms develop.

Long-Covid

Vaccination has shown to reduce long-Covid symptoms which is why vaccination is recommended. The type of symptoms and severity of symptoms vary between people and can include the following: Brain fog (difficulty thinking), tiredness and a lack of energy, shortness of breath or difficulty breathing, cough, chest or stomach pain, headache, heart palpitations, pain in joints and muscles, pins-and-needles, diarrhoea, sleep problems, fever, dizziness; rashes, mood changes, change in smell or taste and changes in menstrual period cycles (<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>)

COMMUNICATIONS HIERARCHY FOR 2 – 8 May 2022

WHAT	<p>The 5th wave is fast approaching and the vaccine gives you the best protection</p> <ul style="list-style-type: none"> Whatever your age a vaccine will help your body fight off Covid faster and its better to get your 1st, 2nd or booster jab before the number of active cases get any higher. <p>Vaccines help to keep you out of hospital</p> <ul style="list-style-type: none"> Most people who are very sick with Covid or in hospital have not vaccinated. With close to 50% of adult South Africans vaccinated what are you waiting for? <p>Get the booster jab to keep your immunity up</p> <ul style="list-style-type: none"> Immunity does wane (decrease) and, yes you may have had Covid already but it doesn't offer you lasting protection. The booster vaccine gives you this extra immunity which will help as winter and the 5th wave hit. If you have hypertension or diabetes a vaccine plus a booster is a must for you. <p>Long-Covid is harsh, and a vaccine reduces your chance of suffering these</p> <ul style="list-style-type: none"> Often young people battle with long-Covid for many months after recovering from the initial symptoms and even if they had mild Covid symptoms. You are less likely to suffer from long-Covid if you get vaccinated. <p>We are all tired of Covid but Covid-19 is still around</p> <ul style="list-style-type: none"> Continue to check your behaviour to avoid spreading the virus and that means vaccinating. Also, avoid crowds, socialise outdoors, wear your mask when inside, keep windows open to allow air to flow freely, and wash hands regularly. 	
WHY	<p>The vaccine is safe and protects you from getting very sick or dying from Covid-19. If you're over fifty, it's most important that you go now because you have the highest risk. A few people have come for vaccination without realising they already have Covid-19, and have died soon afterwards – but they died from Covid-19 infection and not from the vaccination. The vaccine does not cause sexual problems or infertility. But if you catch Covid-19, you could experience these problems until you recover fully. It's another good reason to be vaccinated right away!</p>	
WHO	<p>Any person in South Africa aged 12 and above should go get vaccinated right away.</p> <p>It is also safe for pregnant women to get vaccinated at any stage of pregnancy.</p> <p>It's your choice. Government is not forcing anybody to get vaccinated, but would like everyone to understand its benefits to them, their families and communities.</p>	<p>It's for men and women, SA citizens and people living in SA from other countries.</p> <p>Individuals who don't have documents, for whatever reason, are also able to be vaccinated at public sites.</p>
WHERE	<p>You can visit any vaccination site at a government health facility or a private pharmacy or health facility. Even if you don't have medical aid, you can go to a private facility and you won't have to pay.</p>	<p>Not all health facilities or pharmacies are vaccination sites. You can find out where your closest site is by visiting https://sacoronavirus.co.za/active-vaccination-sites/ or calling the National Covid-19 hotline on 0800 029 999 – it's a free call. You can also look on the app: findmyjab.co.za</p>
HOW	<p>YOU CAN JUST ARRIVE AT A VACCINATION SITE BUT IT WILL SAVE YOU TIME IF YOU REGISTER FIRST</p> <p>It will save you time if you register as that way your details are already in the system.</p> <p>Phone 0800 029 999 tollfree OR USSD: Dial *134*832*IDnumber# No ID no? Just dial *134*832# WhatsApp: Send "Register" to 0600 123 456 Online: https://vaccine.enroll.health.gov.za/ But you can still just walk in. You may just have to wait a bit longer. If you have access to the Internet, you can choose when and where to get vaccinated.</p> <ul style="list-style-type: none"> Once you are registered, you can choose when and where to get vaccinated or change your vaccination appointment. Go to https://vaccine.booking.health.gov.za <p>Once you are fully vaccinated, you can download your Vaccination Certificate from https://vaccine.certificate.health.gov.za/</p>	<p>If you register, you will get an SMS telling you where and when to go to get vaccinated.</p> <p>But you don't have to wait for the SMS. Just go to your nearest vaccination site.</p> <p>Getting vaccinated is easy. When you get to the vaccination site, a nurse will take your temperature to check that you don't have Covid-19. If you do, you'll be asked to come back in a month when it's safer for you and for all the other people in the queue.</p> <p>If your temperature is normal, you'll be invited to join the queue to be vaccinated. When you do, you'll feel a small prick in your arm.</p> <p>Afterwards you'll be asked to stay for 15 minutes just to make sure you have no side effects.</p>
WHAT IF	<p>It is normal to have some side effects. A few hours after the vaccine you might feel like you've got a bad 'flu, with fevers and headaches and chills. But it goes away after day or so.</p>	<p>If you're worried or feel short of breath or your heart is racing, feel free to call the Covid-19 hotline 0800 029 999 for advice.</p>
<p align="center">If you have any questions, call the COVID-19 hotline on 0800 029 999.</p>		
<p align="center">Contact: Nombulelo Leburu, Director: External Communication Nombulelo.leburu@health.gov.za</p>		