FAQ'S
All you need to know about COVID-19 Vaccine

The COVID-19 vaccine is a safe and effective way to protect individuals from serious preventable diseases as it stimulates the body to build resistance to a particular infection and strengthens the immune system by training it to form antibodies.

There are two facts to know about vaccines :
- vaccines stimulate the immune system without making the person ill.
- they work in different ways, but they all provide protection against the disease.

For example, when injecting the vaccine (which contains protein from the virus), the immune system recognises it as a foreign body and it starts producing antibodies. A person's immune system forms a memory against these foreign bodies, then it starts fighting the virus when it enters the body again.

To protect yourself and others, the vaccine is currently the best, safest and most effective method to control the COVID-19 pandemic and stop it from spreading.
- All vaccines are subject to adequate testing and they go through several stages (including clinical stages) before they are approved for use.
- The country has selected these vaccines on a scientific basis and has made sure to provide vaccines that meet all the safety requirements.

Can a COVID-19 vaccine infect me with COVID-19 ?
None of the COVID-19 vaccines contains the live virus that causes COVID-19, so the COVID-19 vaccine cannot infect you with COVID-19.

Is the COVID-19 vaccination optional or compulsory?
The COVID-19 vaccination is optional.

Who can take the vaccine ?

It is preferable to give the vaccine to the largest percentage of society in order to achieve the sufficient immunity that is required to prevent the spread of the virus. Priority is given to people who are most at risk of infection or people at risk of serious complications from infection, and then to the remaining segments of the society.

These are in order or priority:
1- Individuals most likely to develop complications of the disease:
    a. senior citizens and residents above 60 years old.
    b. people with chronic diseases, such as diabetes, cardiovascular diseases, liver and kidney diseases, hypertension, obesity and people with BMI higher than 35.
    c. people of determination.
2- People in occupations with the highest COVID-19 risk:
    a. front liners in public and private sector.
    b. employees in sensitive and vital positions.
3- Community members above 18 years old.

Who cannot take the vaccine ?
1- Nursing mothers.
2- Pregnant women.
3- Children below 18 years old.
4- People with immunodeficiency diseases.
5- Those who are allergic to any vaccine, food, medicine or substance OR those who carry a self-injectable adrenaline.
6- Women planning to get pregnant in the near future (3 months from the date of taking the vaccine).

What shall I inform my doctor with before getting the vaccine ?
1- If you have any symptoms, such as fever.
2- If you have a medical history that includes conditions such as diabetes, cardiovascular disease, etc.
3- If you are allergic to any vaccine, food, medicine or substance OR if you carry a self-injectable adrenaline.
4- If you are pregnant or you are planning to get pregnant within the next 3 months.
5- If you are breastfeeding.
6- If you suffer from an immunodeficiency disease or have a weak immunity.

How will the vaccine be administered?
1. The vaccination comprises of two doses, taken separately.
2. The gap between the two doses is 21 days.
3. The vaccine is given in the muscle of the upper arm.
4. For the vaccine to be effective, it is necessary to adhere to the appointment of the second dose as per the stipulated time. It takes one week after the second dose of the vaccine to be effective and provide you with the necessary immunity.

Note: even after taking both doses of the vaccine, it is important to continue taking all the precautionary measures, including wearing a facemask.

Do I need to take the COVID-19 vaccine only once in my lifetime?
It is too early to determine how long this vaccine will be effective for and the duration of its effectiveness. We will provide more information in this regard once it is available.

What to expect after getting the vaccine?
It is normal to have minor side effects during the first week after receiving the vaccine and these symptoms are common when taking any type of vaccine. The most common side effects are:
1. Muscles pain.
2. Joints pain.
3. Shivering.
4. Vomiting and diarrhoea.
5. Fatigue and headaches.
6. Pain.
7. Swelling or redness at the injection site.
8. Fever.

What to do if I have side effects?
- Use a cold compress to relieve pain at the injection site.
- Use AXA Teleconsultation to help you get access to pain / fever relieving medications.
- If symptoms persist, please present yourself to any of your network providers.

What shall I take care of?
1. Be aware of any side effects.
2. Comply with the instructions issued by your doctor.
3. Make sure you do not skip or delay your appointment for the second dose of the vaccination as this is important for the vaccine to be effective and to provide you with the necessary protection.

Can a person who was infected with COVID-19 take the vaccine?
Yes, but the person needs to take the vaccination after three months from the date of infection of the virus.

Note: the body develops antibodies after getting COVID-19, therefore, the chances for reinfection are very low.

If someone has taken a vaccination other than the COVID-19 vaccine, is it safe to take the COVID-19 vaccine? Example: I took an influenza vaccine, is it safe to take the COVID-19 vaccine?
Yes, but you need to wait for more than four weeks after the influenza vaccine to be able to take the COVID-19 vaccine.

What is the cost of the COVID-19 vaccine?
It is free of cost.

How to book for my vaccination?
Those who wish to get the vaccine shots can go directly the assigned healthcare centres during their working hours without the need of having a prior appointment.

What are the assigned healthcare providers?
The designated healthcare facilities can be found in the following link:

- **Bahrain residents and citizens:**
  https://healthalert.gov.bh/en/category/vaccine