

COVID-19 Vaccine

Awareness Guide

April 2021



The importance of the vaccine



Vaccines are one of the most effective tools to control the COVID-19 pandemic. They are a safe and effective way to protect the health and wellbeing of society. Vaccines stimulate the body to build resistance to infection and also strengthen the immune system by training it to form antibodies to fight the virus that causes COVID-19.



COVID-19 Vaccine

Dubai Health Authority currently provides three options for COVID-19 vaccines:



Pfizer-BioNTech



Oxford-AstraZeneca



Sinopharm vaccine

These vaccines may differ in technology but all of them do the same work in raising the body's immune system.

It is important to understand that COVID-19 vaccines are able to create an immune response without causing the illness and that the COVID-19 vaccines do not contain a live virus.



Is the vaccine safe?



All vaccines are subject to adequate testing and go through several stages of pre-clinical and clinical trials before they are approved for use.



UAE has selected these vaccines on a scientific basis and ensured that these vaccines meet all safety requirements.



The below categories can book an appointment for the COVID-19 vaccine through the DHA App



Emiratis



People of Determination



People who suffer from chronic diseases



Dubai resident visa holders (valid) who are 40 years and above



Elderly residents who are 60 years and above who live in Dubai but have a residency of another emirate



GCC nationals, who have an Emirates ID

Appointments for below categories are scheduled in coordination between the DHA and their workplace:



Frontliners



Vital sector workers

Vaccine excluded groups



People with
immunodeficiency disorders



Pregnant
women



Children below
16 years of age



Those who are allergic to the
vaccine, one of its components, or
any other vaccine



People with acute illness or fever
must wait until full recovery

Note:

- You need to inform the health care provider about your medications and allergies to certain medications.
- If you suffer from any chronic disease and your condition is unstable, consult your physician before receiving the vaccine.
- If you have an immune disease such as: immunodeficiency disorders, or a specific medical condition, consult your physician first before receiving the vaccine.



Vaccines that are available at DHA

Pfizer-BioNTech

Technology	Age Group	Number of doses	Injection Site	Period between two doses
Messenger Ribonucleic acid (RNA) technology	16 years and above	2 doses	Muscle of the upper arm	21 days

Oxford-AstraZeneca

Technology	Age Group	Number of doses	Injection Site	Period between two doses
Viral Vectors	18 years and above	2 doses	Muscle of the upper arm	10 weeks

Sinopharm

Technology	Age Group	Number of doses	Injection Site	Period between two doses
Inactivated Virus	16 years and above	2 doses	Muscle of the upper arm	21-28 days

- It is necessary to adhere to the date of the second dose according to the specified time in order for the vaccine to be effective.

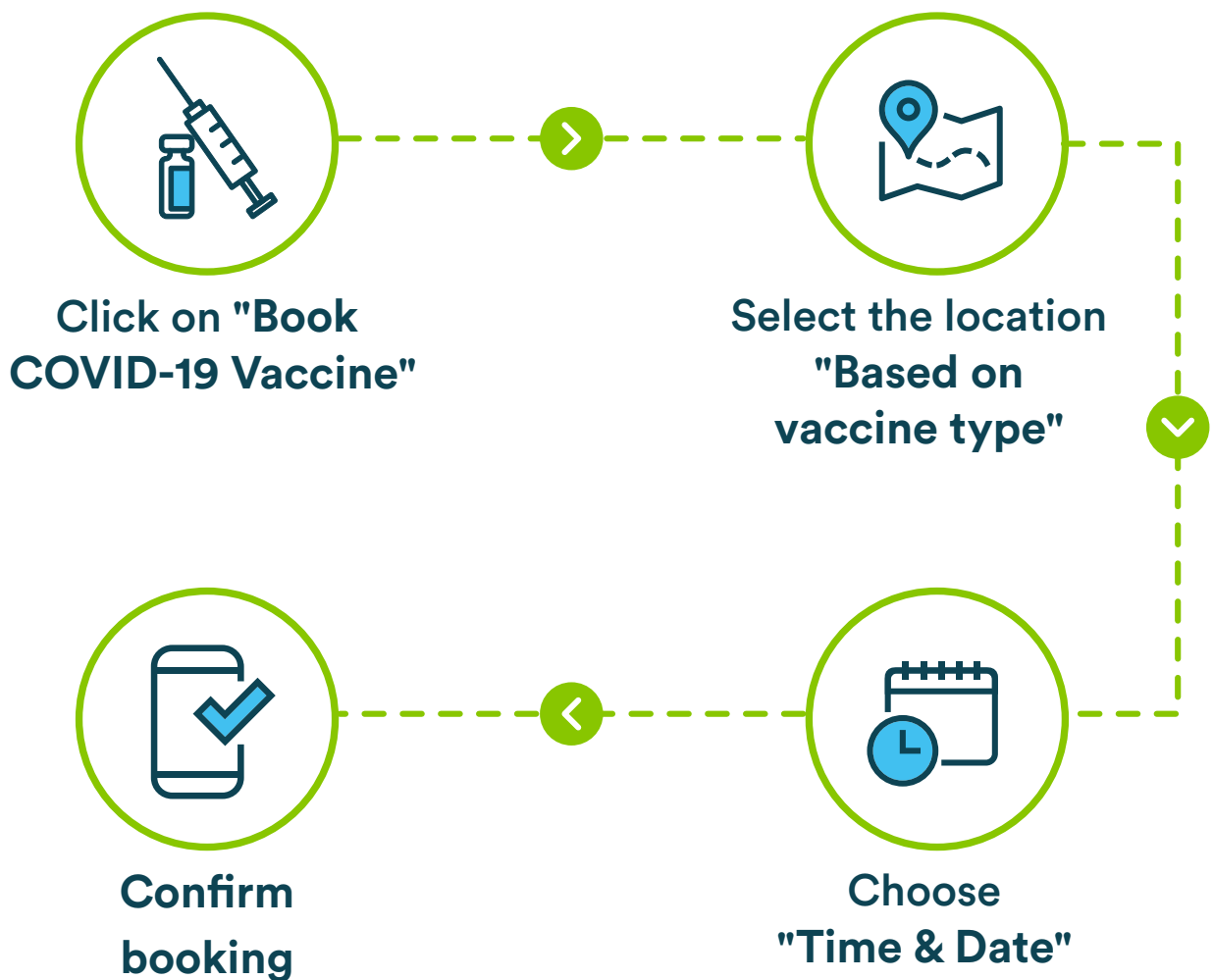
- The vaccine needs a period of two weeks or more after taking the second dose to be effective and it provides you with the necessary immunity after this period.



How to book an appointment for the COVID-19 vaccine at DHA facilities?

It is important to have a prior appointment for the COVID-19 vaccination to obtain the service, as all of the centres of the Dubai Health Authority operate on an appointment basis system only.

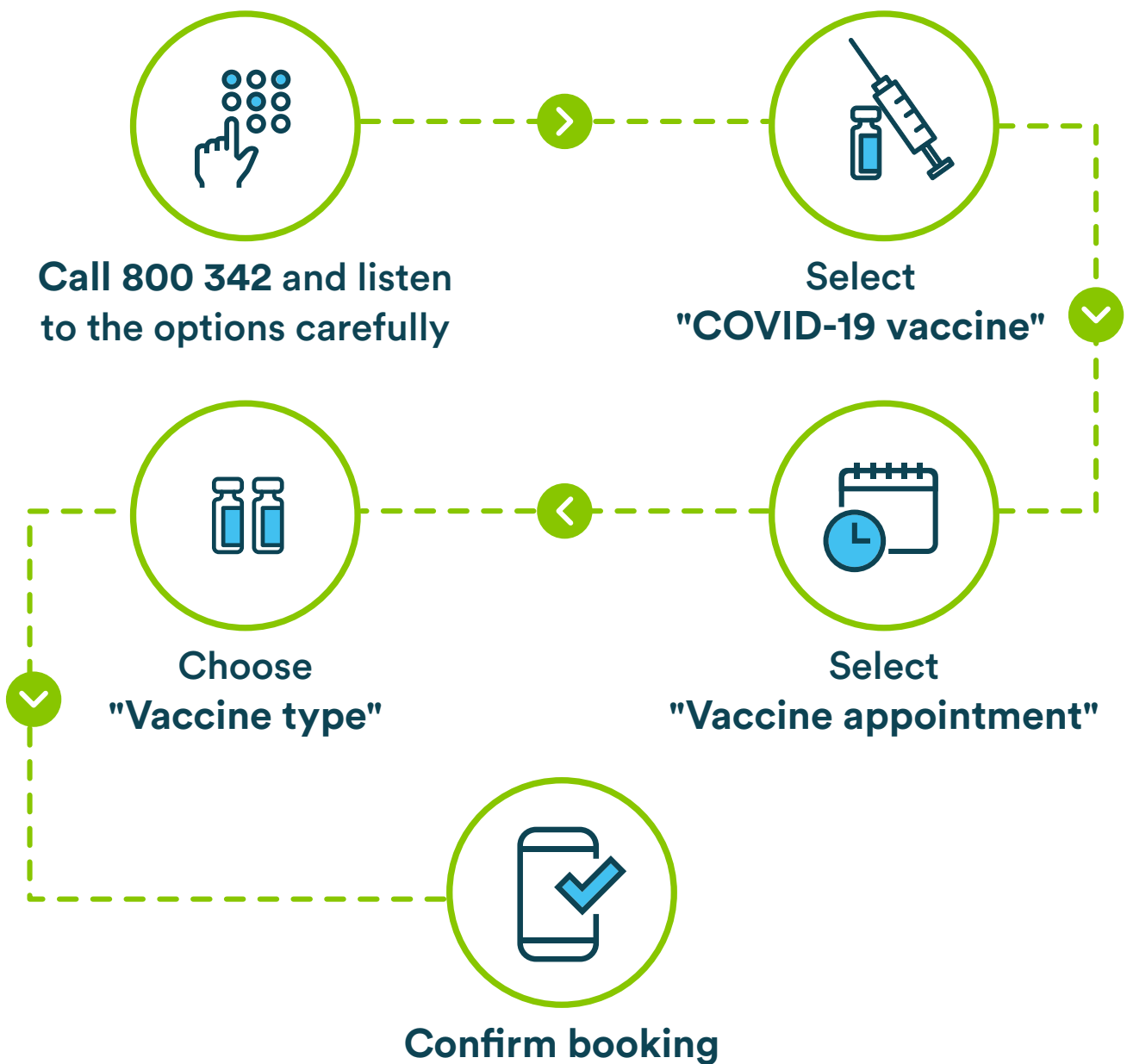
Steps to book an appointment through the DHA App:





How to book an appointment for the COVID-19 vaccine at DHA facilities?

Steps to book an appointment through the DHA Contact Centre if you are 60 years and above.



While taking the Vaccine

Vaccine journey:



You will receive an SMS 15 minutes after you have finished your vaccination. The SMS will provide details of your vaccination certificate and the appointment date and time for the second dose of the vaccination.



Pre-vaccination Checklist for COVID-19 Vaccines

The checklist contains a set of questions to check whether you meet the eligibility criteria for obtaining the vaccine. Some of the questions are:



Do you have fever or any symptoms?



Do you have a medical history such as diabetes, hypertension, cardiovascular diseases, etc?



Do you suffer from an immunodeficiency disease or have a weak immune system?



Post-Vaccine

Vaccine Side Effects

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. Symptoms can persist for a month and are likely to be more severe after taking the second dose, because your immune system recognizes the method of attacking the COVID-19 virus.

Side effects



Fatigue and
headaches



Fever



Pain, swelling or
redness at the
injection-site



Joint pain



Vomiting and
diarrhea





Shivering



Muscle pain



What do I do if there are side effects?

- Take a Paracetamol when you experience mild and moderate side effects.
 - Use a cold compress to relieve pain at the injection site.
 - If you have mild and moderate symptoms that persist for longer or severe symptoms, despite the use of Paracetamol, you should adhere to the following:
- **Book a telemedicine appointment with the Doctor For Every Citizen initiative:**
 -  By using the DHA app
 -  By contacting the DHA's toll-free number 800 342 (Choose "COVID-19 Vaccine" from the main list and then click on number 3)
 - **For emergencies, head to the nearest health centre or hospital.**



General tips after taking the vaccine

- Be aware of any side effects.
- Comply with the instructions issued by your doctor.
- Make sure you do not skip or delay your appointment for the second dose of the vaccination. This is important for the vaccine to be effective and to provide you with the necessary protection.



Precautionary measures

- The vaccine is one of the most effective ways to fight COVID-19 but it is not the only way.
- Everyone should follow precautionary measures to combat COVID-19 even after vaccination, such as physical distancing, keeping your hands clean and wearing a facemask.



Frequently-asked questions



Is COVID-19 vaccination optional or compulsory?

COVID-19 vaccination is optional, free and recommended.



Do I only need to take the COVID-19 vaccine once in my lifetime?

It is too early to determine how long this vaccine will be effective and the duration of its effectiveness. We will provide more information in this regard once it is available.



Frequently-asked questions



Is it possible to obtain a Dubai Health Authority stamp on the vaccination card after completing the two doses?

Vaccination cards are issued electronically and are not printed at Dubai Health Authority Centres.



When can I take the first dose of the vaccine in case I am COVID-19 positive?

If a patient has an active COVID-19 infection, the patient must wait until the completion of the isolation period to be vaccinated. If the infection was moderate or severe and required hospitalization, the timeframe for vaccination after infection will depend on the decision of the medical team that treated the patient. However, all mild cases or cases without symptoms can take the vaccine after completion of the isolation period.



Frequently-asked questions



Is the vaccine given to individuals with any severe illness or high fever over 38 degrees?

No, it is preferable to postpone the date of the vaccination until the person's condition stabilizes.



Will the result of the PCR test be affected if I receive the vaccine?

There is no association between receiving the vaccine and the result of the PCR examination since the vaccine does not cause COVID-19.



Frequently-asked questions



How do I choose between all the types of vaccines available in the country?

The decision on what vaccine to select is a personal choice. However, please note that all vaccines available in the country are highly efficient, safe, and effective.



When can I take the second dose of the vaccine in case I have COVID-19 virus?

The second dose can be taken after completing the isolation period (10 days) without symptoms or with mild symptoms.

In the event that the date of the second dose is missed, you can reschedule the appointment by calling the DHA call centre 800 342 after the completion of the isolation period. If the infection was moderate or severe, and required hospital admission, then the decision to administer the vaccine is based on the evaluation of the medical team that treated the patient.



Frequently-asked questions



Can I change the type of vaccine after getting the first dose or two doses of another type of vaccine?

It is NOT recommended to take more than one type of vaccine for one disease in the same period, Additionally, there is no scientific evidence that determines the period between one type of vaccine and another until now. Therefore, please ensure you take both doses of the same vaccine.



In the event that another vaccination (non COVID-19 related) is taken, can a person get the COVID-19 vaccination?

Yes, it is possible, but only after two weeks.



Frequently-asked questions



Can I get the second dose of the Pfizer-Bionica or Oxford-AstraZeneca vaccine if I receive the first dose outside the UAE?

We recommend that you take the second dose in the same health organization where you received the first dose. In the event that you are not able to return, you must provide official documents proving that the first dose of the same type of vaccine was obtained.



When can I donate blood after receiving the COVID-19 vaccine?

Blood can be donated 7 days after receiving the first or second dose of the COVID-19 vaccine.



Frequently-asked questions



Is it possible to get the second dose of the Sinopharm vaccine at the in Dubai Health Authority, if the first dose of the vaccine was taken in another health authority inside the country?

You must commit to taking the second dose of the Sinopharm vaccine in the same health authority where you received the first dose.



Is the vaccine given to people who suffer from severe medical conditions and are hospitalized due to any disease?

No, it is preferable to delay the vaccination by 4-8 weeks after recovery.



Frequently-asked questions



Can I travel after receiving the first dose of the vaccine?

Yes, you can. However, it is advisable to receive both doses on time so you should not delay the second dose. This is to ensure that the required level of immunity is obtained and to receive the maximum benefit from the vaccine.



Will people who received the COVID-19 vaccination be exempt from COVID-19 testing for travel and pre-operative procedures in Dubai?

For the time being, there is no exemption and everyone is required to follow the policies and regulations that are related to COVID-19 testing and screening in Dubai.



Frequently-asked questions



Should people who have received the COVID-19 vaccination continue to adhere to preventive measures?

Yes, all precautionary measures need to be followed even after taking the COVID-19 vaccine, including wearing a face mask, maintaining hand hygiene at all times, and physical distancing between you and others. The official health authorities will announce any changes in this regard.



Is vaccination safe for people with chronic disease?

Yes, vaccination is safe, effective and indicated for people with chronic diseases as they are at a higher risk of developing COVID-19 complications. Your attending physician will inform you if you have any specific contraindication to take the vaccine.



Frequently-asked questions



Is vaccination safe for people who take multiple medications for their diseases?

Your attending physician will guide you on the safety of the process prior to taking the vaccine. Provide your physician with your detailed medical history and list of medications. In addition, please make sure you inform your physician if you are allergic to any medications or have any other allergies.