

SIDE EFFECTS OF VACCINES

More often than others, short-term general side effects may develop from vaccination: a short-term flu-like syndrome with chills, fever, arthralgia, myalgia, asthenia, general malaise, headache. Local reactions may also occur: soreness at the injection site, hyperemia, swelling.

Nausea, dyspepsia, decreased appetite, and sometimes an increase in regional lymph nodes are less common. Some patients may have allergic reactions, a short-term increase in the hepatic transaminases, creatinine.

Sputnik V shall be used with caution in patients with malignant neoplasms. All side effects are observed within the expected study protocol. It is worth noting that fake information about the side effects of the vaccine with photos of the "consequences" also appears on the Network. Official agencies ask to rely on reliable sources only.

WHAT ARE THE ADVANTAGES OF VACCINATION, TAKING INTO ACCOUNT THE WIDESPREAD RESTRICTION?

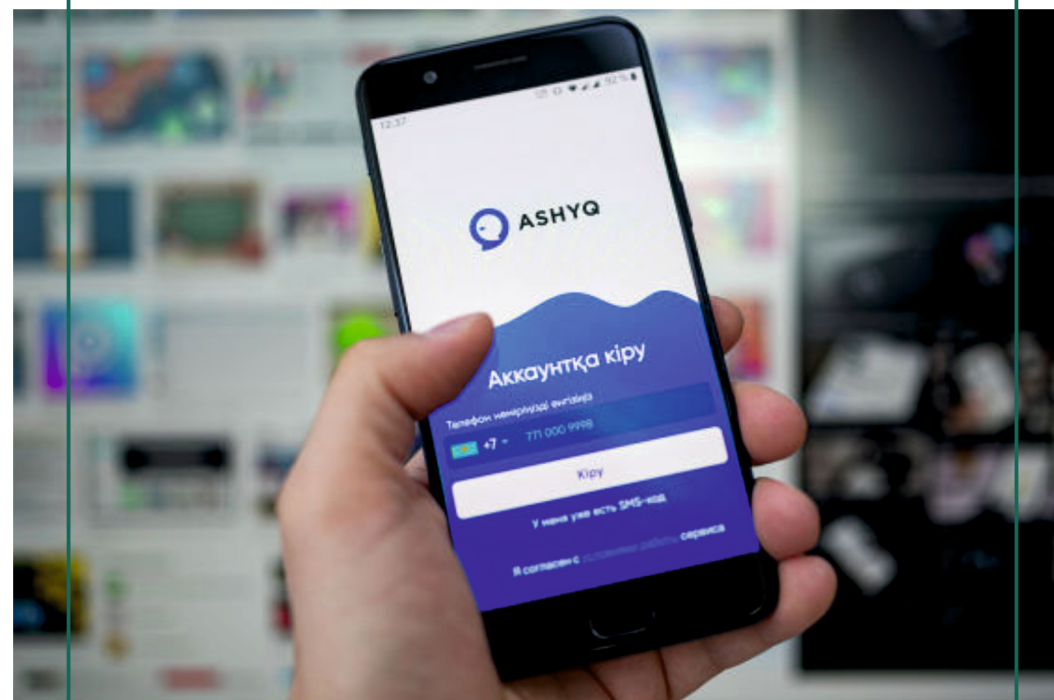
Currently, due to the Coronavirus, certain restrictions are imposed by the state, in particular on air transportation, visiting certain institutions, as well as in offices and workplaces. Vaccination provides a number of advantages. If you have received both doses of the vaccine, you can:

- do not pass a PCR test for Coronavirus when entering the country;
- do not quarantine for 14 days, even after contact with infected people, only you are under medical supervision;
- do not pass a PCR test for coronavirus during hospitalization;
- freely visit orphanages, nursing homes, medical institutions, and other places.

Kazakhstani who have got the Covid-19 vaccine will be assigned a "green" status in the Ashyq application, which means complete freedom of movement.

Ashyq is an application for registering visitors in public institutions. In Kazakhstan, it is already used by more than 500 facilities from eight regions of Kazakhstan.

Before entering a public institution, the application user scans a special QR code and shows it to the administrator at the entrance. The code determines the status of the user. The status of visitors is assigned on the basis of verification with information systems of the Unified Integration Portal of PCR Research and the Covid-19 Control Center of the Ministry of Health of the Republic of Kazakhstan.



"Red" - status is assigned if a person has passed a PCR test for coronavirus and received a positive result. Holders of this status are required to observe a strict regime of home isolation.

"Yellow" - is assigned to contact persons. They are allowed to go out for groceries or to a pharmacy near the house, but it is forbidden to visit other public places.

"Blue" - will mean free movement everywhere, except in places where a PCR test is required (for example, at the airport).

"Green" - a sign of complete freedom of movement.

The leaflet uses materials from open sources and the media: www.egov.kz, www.bbc.com and others.



VACCINATION AGAINST COVID-19 IS IMPORTANT FOR YOU AND YOUR BELOVED ONES!



WEST DALA LLP strongly recommends that all employees get vaccinated against COVID-19. Vaccination will reduce the number of infections, save lives and solve coronavirus crisis faster.

WHY IT IS IMPORTANT TO GET VACCINATED AGAINST COVID-19

Large-scale vaccination against coronavirus in Kazakhstan has begun on February 1, 2021.

Three vaccines are currently available in Kazakhstan:

- Russian Sputnik V vaccine (made in Kazakhstan);
- Kazakhstan's QazCovid-In vaccine (trade name QazVac);
- Chinese Hayat-Vax vaccine.

Vaccination is the most reliable way to protect yourself and your beloved ones from the severe Covid-19. Given the dynamics of the spread of coronavirus, everyone can catch an infection sooner or later, so it is better to prepare your body for it in advance and provide yourself with immune protection. Coronavirus is especially dangerous for people who already have a chronic disease: they may have an autoimmune reaction (when instead of a foreign virus, the body begins to attack its own healthy cells) and the risk of complications is high.

Therefore, it is especially strongly recommended to get vaccinated as soon as possible for those who have problems with the lungs or bronchi, cardiovascular diseases and diabetes - **HOWEVER, IT IS MANDATORY TO CONSULT A DOCTOR FIRST.**

CONTRAINDICATIONS

Like any other drug, coronavirus vaccines have contraindications, so the administration of the drug can do more harm than good. Each specific vaccine has its own contraindications, but minors, as well as pregnant and lactating women are not vaccinated. The instructions for the Sputnik vaccine say that it "can be used with caution in chronic liver and kidney diseases, diabetes mellitus, severe diseases of the hematopoietic system, epilepsy, strokes and other diseases of the central nervous system, a history of myocardial infarctions, ischemic heart disease, primary and secondary immunodeficiency, autoimmune diseases, lung diseases, asthma and COPD (chronic obstructive pulmonary disease)." Other vaccines have their own contraindications; however, they are similar to named ones.

Persons who have permanent and temporary medical contraindications to preventive vaccinations cannot be vaccinated against Coronavirus in accordance with the order of the Minister of Health of the Republic of Kazakhstan dated October 21, 2020 No. KR DSM-146/2020 On approval of the list of medical contraindications to preventive vaccinations. Patients receiving immunosuppressive therapy and patients with immunodeficiency may not develop a sufficient immune response. Therefore, taking drugs that inhibit the function of the immune system is contraindicated for at least 1 month before and after vaccination due to the risk of reducing immunogenicity.

Persons with an acute and asymptomatic form cannot be vaccinated against Coronavirus (CVI). Persons who have come into contact with a patient with an infectious disease, including CVI, are vaccinated after the end of the quarantine period. It is recommended to vaccinate those who have been ill with any forms of CVI 6 months after recovery and taking into account the assessment of the health before vaccination. In February of this year, it was reported that people younger than 18 and older than 65 years will not be vaccinated. However, later the Ministry of Health of the Republic of Kazakhstan decided to vaccinate the elderly as well. According to experts, elderly people who want to get vaccinated shall first be examined by a doctor and get permission. According to official statistics, as of May 19, 2021, 250 thousand people over 65 years of age have been vaccinated in the country.

IS IT POSSIBLE TO GET SICK FROM A VACCINE INJECTION?

It is impossible to get sick from a vaccine injection: there are no viral particles capable of reproduction in it. Depending on the type of drug, it contains either an inactivated virus (the most traditional vaccination technology), or a fragment of its genetic code (vector vaccines), or artificially created proteins (peptide). In any case, they are not able to get inside the cells and provoke the development of infection. People who claim that they got sick as a result of vaccination could get infected during the vaccination (during the trip, in the queue for a vaccination, etc.), but not as a result of the vaccine administration. Precautions - first of all, wearing a mask and distancing-shall be observed not only before and during, but also after vaccination.



WHERE IS THE VACCINATION CARRIED OUT

The population is vaccinated in the vaccinating centers of territorial medical organizations. Vaccination of the special groups is carried out at the place of service of the relevant department. In some cases (low population, lack of a stationary vaccination office, lack of refrigeration equipment with a low temperature regime), mobile vaccination centers or field vaccination teams are organized for vaccination.

