



Niedersachsen. Impft. Klar.

STAY SAFE – GET VACCINATED!



impfen-schuetzen-testen.de



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Niedersächsisches Ministerium
für Soziales, Gesundheit und Gleichstellung

True or false?

Some people claim that the vaccines are unsafe.

This is false!

The vaccines are safe!

The coronavirus vaccines underwent careful studies and tests before approval. Although they were developed extremely quickly, they are still approved in accordance with all safety standards. Moreover, the vaccines' efficacy and tolerability are kept under constant review. As such, the data set surrounding use of the vaccines is becoming ever more reliable.

Some people claim that a vaccination makes you infertile. This is false!

A vaccination has no effect whatsoever on fertility, whether for men or women.

A vaccination does not pose any risk to the fertility of either men or women. There is no scientific evidence to suggest otherwise. What's more, a vaccination is expressly recommended for women from their third month of pregnancy. The same applies during the lactation period. All vaccinations are administered by medical professionals.

Some people claim that the long-term effects of a vaccination are unforeseeable.

This is false!

There is currently no scientific evidence that there is any need to fear long-term effects or damage several months or years after vaccination.

It is, however, true that even a mild coronavirus infection can result in long-term effects or damage. This is referred to as 'long Covid'. It is also true that you may have a mild, short-term reaction to the vaccination. Some people experience slight fever and pain at the injection site. In rare cases, more serious side effects, such as blood clots, may occur. Where these do occur, this happens a few weeks after vaccination.

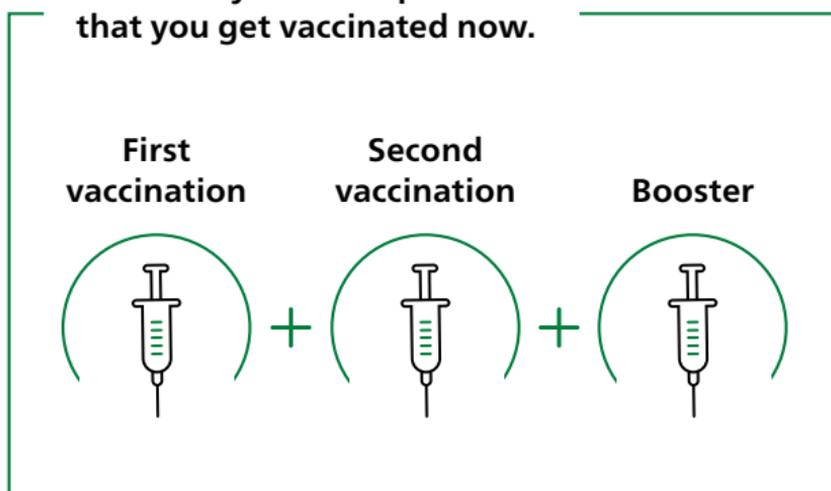
Stay safe – get vaccinated! No ifs or buts!

Regardless of how careful you are as you go about your daily life, it's not always possible to avoid infection with coronavirus.

That's because airborne coronavirus moves too freely from person to person. Whenever an infected person breathes out, the virus is already in the air and can be breathed in by other people – including you. This poses an especially high risk in indoor spaces.

The virus is adapting all the time and becoming increasingly contagious, as demonstrated by the various mutations witnessed in recent months.

That's why it's so important that you get vaccinated now.



➔ **It's important that you get your booster! This is the only way to reduce your risk of infection and protect yourself effectively against severe Covid-19 illness.**

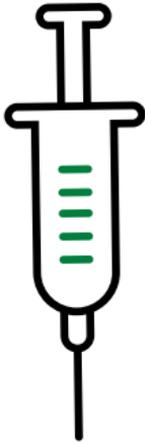
Where can I go to get vaccinated?



Communal mobile vaccination teams

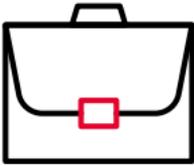


Medical practices



All these

places

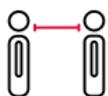


Your company doctor(s)



Many pharmacies

Day-to-day precautions still matter.



Keep your distance: wherever possible, keep a distance of at least 1.5 metres to the person closest to you.



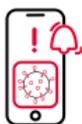
Masks: wearing a medical mask (a surgical mask or, ideally, an FFP2 mask) prevents you from breathing in airborne coronavirus particles. As a result, you are protecting yourself, especially in indoor spaces, and also preventing transmission of the virus if you are carrying it without knowing.



Observe proper hygiene: by regularly and thoroughly washing your hands with soap and coughing/sneezing into the crook of your arm or a tissue, you are reducing the risk of transmitting germs (not just coronavirus).



Ventilation: coronavirus enters the air through breathing, talking and singing; the louder these activities, the more particles become airborne. By regularly ventilating indoor spaces, you are reducing the concentration of potential virus in the air and therefore the risk of infection.



Corona-Warn-App: if you use the app, you will be informed via your phone if you come into contact with a person who has tested positive for coronavirus. If this is the case, go/stay at home, test yourself or get yourself tested. If the test is positive, please call your local health authority or a medical practice and notify your close contacts.



Tests: before meeting friends or your grandparents, you should carry out a rapid antigen test as a precaution. This gives you and those around you additional peace of mind.

Contact details and more information:

Detailed information on the coronavirus vaccination is available in multiple languages:

impfen-schuetzen-testen.de



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Information and appointments



The Lower Saxony Vaccination Hotline will answer your questions via the following number:

0800 99 88 665

Do you have any further questions about vaccination?

Take advantage of the contact form at

www.impfportal-niedersachsen.de

At www.arztauskunft-niedersachsen.de,

you can find doctors in your region.

At www.mein-apothekefinder.de, you will find pharmacies near you that offer vaccinations.

At www.niedersachsen.de/coronavirus, you will find coronavirus information that is updated daily.

