



THE NABHA FOUNDATION

COVID-19 Fact Check-1

We Care

On getting Covid-19 after taking the vaccine -

A very small percentage of people are contracting COVID-19 after getting vaccinated. Even after they test positive for COVID-19, they experience mild symptoms. Vaccination is crucial to prevent COVID-19.

(The Press Information Bureau of the Government of India & WHO)

Eat A Healthy Diet before getting the vaccine -

Experts believe eating healthy before getting the COVID shot is of utmost importance, following which routine medicines should also be taken under the guidance of your physician.

(Times of India, 9th March 2021)



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COVID-19 Fact Check-2

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On taking the Covid-19 vaccine during menstruation

– A fake post circulating on social media claims that women should not take COVID-19 Vaccine 5 days before and after their menstrual cycle. Don't fall for rumours! All people above 18 should get vaccinated after May 1.

(The Press Information Bureau of the Government of India)

On Covid-19 vaccine causing Impotency - Drug Authority of India, World Health Organisation & researchers have said "We'll never approve anything if there's the slightest safety concern. Vaccines are 110% safe.

On Alcohol consumption after taking Covid-19 vaccine- As per experts, there is no evidence of alcohol impairing the effectiveness of the vaccine.



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Covid-19 Important Guidelines

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- Cover your mouth and nose with a mask and there should be no gaps between your face and the mask.
- Wash your hands often with soap and water or alcohol based hand rub.
- Cover coughs and sneezes with a bent elbow and wash hands after. Avoid touching your eyes, nose & mouth
- Follow social distancing, avoid crowded places and keep a distance of at least 1 meter.
- Opening a window a few times in a day will ensure good ventilation
- Till everyone is vaccinated let us not forget our responsibilities. Take all precautions even after taking the Covid-19 Vaccine. Stay Safe!

Source: World Health Organisation



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Understanding Vaccines

Vaccines save millions of lives each year.

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Vaccines work by training and preparing the body's natural defences – the immune system – to recognize and fight off the viruses and bacteria they target. After vaccination, if the body is later exposed to those disease-causing germs, the body is immediately ready to destroy them, preventing illness.
Stay Safe!

Source: World Health Organisation



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Covid-19 Vaccine

Take whatever vaccine is made available to you first, even if you have already had COVID-19. It is important to be vaccinated as soon as possible once it's your turn and not wait.

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Approved COVID-19 vaccines provide a high degree of protection against getting seriously ill and dying from the disease, although no vaccine is 100% protective. Also it will limit the spread of this disease to the close contacts including family members, friends, relatives and co-workers. Stay Safe!

Source: [World Health Organisation](#)

