

COVID-19 VACCINE INFORMATION SHEET

SINOPHARM Vaccine (Vero cell inactivated)

What is COVID-19 disease?

COVID-19 is a viral disease that mainly affects respiratory system but may also affects the other organs such as the heart, kidney, blood vessels etc. People above 60 years of age and those with underlying conditions such as heart, lung, liver, kidney diseases, those with immunocompromised state, diabetes, pregnancies etc. may have more severe presentation and outcome.

SARS-Cov-2 is primarily transmitted by person to person and can be highly infectious and can be transmitted through respiratory route and contact. A person may develop symptoms within 1 to 14 days after exposure. Person can transmit the virus 2 days before the symptom onset and during the time they have symptoms. About 40% of people may not develop any symptoms though they are able to transmit the infection. Common symptoms include sore throat, runny nose, cough, fever, shortness of breath, headache, body ache, loss of smell/taste, diarrhoea, and vomiting.

If a person develops COVID-19 like symptoms, they should self-isolate and visit a flu clinic and get tested. COVID-19 PCR test can detect the infection.

To minimize the chance of catching the virus, it is advisable to follow all preventive measures such as wearing masks, physical distancing (at least 3 feet distance), frequent hand washing, cleaning and disinfection of surfaces and good ventilation.

What are the benefits of vaccination?

Vaccination protects the person taking the vaccine and the community. When more people are vaccinated it prevents community transmission and protects those who cannot take the vaccine like pregnant women, children etc. Two doses of vaccine are required to attain protection.

The vaccine prevents severe COVID-19 disease and will decrease the severity and spread of Covid-19 disease. However, there may be a chance that you might still get or spread infection. Therefore, it is important to wear mask and follow the social distancing guidance and other preventive measures.

How long will I be monitored after vaccination?

After the vaccination you will be observed for 15 minutes, but in case if you have any history of significant allergies you will be observed for 30 minutes.

When would it be considered completion of Covid-19 vaccination?

Two doses are required separated by the recommended interval and the two doses should be of the same type of vaccine

What is the SinoPharm COVID-19 Vaccine?

It is a type of inactivated vaccine administered to trigger an immune response to produce antibodies against the SARS-CoV-2 coronavirus, to protect individuals against infection from the COVID-



19 virus. This vaccine is developed by Sinopharm /Beijing Bio-Institute of Biological Products Co-Ltd, (Sinopharm (Beijing): BBIBP-CorV) of China

How is the SINOPHARM vaccine given?

The vaccine is administered in the upper arm muscle as intramuscular injection. Two doses are required separated by an interval 3 weeks. The two doses should be of the same type of vaccine. After the vaccination you will be observed for 15 to 30 minutes. If the second dose is missed, consult National Immunization Program and it should be given as soon as possible (preferably within 8 weeks).

If you feel unwell it is advisable not to drive or operate heavy machineries and inform health authorities.

How can I get the COVID-19 vaccine?

- Register and update your information accordingly in my.health.mv portal
- For latest information regarding COVID-19 vaccination and vaccine centres and related information follow latest announcements by HPA on official HPA social media accounts.
- Prior to vaccination onsite informed consent will be taken.
- All eligible individuals will receive COVID-19 vaccination free of cost.

What should you do before you arrive at the vaccination site?

1. Have a proper meal and do not go empty stomach
2. Carry your own water bottle
3. Ensure to carry ID card or passport and bring it to the vaccination center
4. Wear loose clothing so upper arm can be exposed easily
5. Read the information sheet
6. Read and be aware of the consent form

Can I take the SINOPHARM vaccine if I am on take blood thinners?

Yes, you can have the vaccine but you should let the vaccination team know that you are taking a blood thinner.

Blood thinners are medicines such as Warfarin, dabigatran, apixaban, enoxaparin etc., which are used in the treatment of some types of heart diseases, mechanical heart valves, venous thrombosis etc. Persons with any of the above medical conditions, for which blood thinners are prescribed, are at a high risk of severe disease, if they are infected with the COVID-19 virus. They are among the people who will most need the protection of the vaccine.

The SINOPHARM vaccine is injected into the muscle of your upper arm. As with any other injection, there is some risk of bleeding at the injection site when you are taking a blood thinner as the blood may take a little longer to stop and you may get bruising on your upper arm.



The vaccine will be given if your blood thinner treatment is stable which generally means that you have been taking the **same dose for a while** and that, if you are on warfarin, **your INR checks are up to date and that your latest INR level is in the right range**. If you have any doubts, you can also consult with the clinician responsible for prescribing or monitoring your treatment or bring a written document for vaccination.

You should bring your latest records when you come for your vaccination appointment and a doctor from the Vaccination team will be consulted regarding your blood thinner status prior to vaccination.

Who can take the Sinopharm COVID-19 vaccine?

Adults aged 18 years and older, including individuals with chronic illnesses that are well controlled.

Who should not receive COVID-19 Vaccine?

The vaccine should not be given to any person:

- Children below 18 years
- Allergy to a component/ previous dose of the vaccine
- Those with history of severe allergy/anaphylaxis
- Individuals having fever or acute illness (Can be rescheduled after the illness is settled)
- Patients with active COVID-19
- Who has a history of a significant allergic reaction to any dose of this vaccine
- Who has a history of an allergic reaction to any component of this vaccine - inactivated SARS-CoV-2, disodium hydrogen phosphate, Sodium Chloride, Sodium dihydrogen Phosphate, Aluminum Hydroxide).
- Those who tested positive for COVID-19 can receive the vaccine after recovery, 28 days from the day of onset of symptoms or if asymptomatic 28 days from positive test.
- Those with immuno-suppressed conditions may receive the vaccine, though efficacy may be lower
- Those post-transplantation may receive the vaccine 3 months after transplantation
- **Pregnant.** This vaccine has **not** been tested in pregnant women as yet and safety data is not available.
- Those with severe chronic conditions (uncontrolled/ unstable conditions or organ failure)

Will the vaccine give me covid-19 infection?

No, this vaccine does not cause Covid-19 disease as it only contains killed virus particles.

How does Sinopharm vaccine work?

Once administered, the inactivated virus works by trigger the immune system to produce antibodies against the SARS-CoV-2 coronavirus.

Can I get this vaccine if I have underlying chronic conditions?

Vaccine eligibility will be determined after evaluation by a medical doctor for individuals who:

- have blood / clotting disorders
- are on treatment to suppress the immune system
- Severe chronic conditions

Can I take Covid-19 vaccine if I am pregnant?

If you are pregnant you cannot take Covid-19 vaccine.

Can I take Covid-19 vaccine if I am breastfeeding?

Yes. Currently, there is limited data available on covid-19 vaccine during breastfeeding, however, during breastfeeding vaccine can be given after counselling and many countries are giving Covid-19 vaccine during breastfeeding.

Can I take my vaccine if I am having flu-like symptoms but tested negative for COVID-19?

If you are experiencing symptoms of COVID-19 do not take the vaccine. Wait until your symptoms have resolved and till you feel better to take the vaccine.

Can I take Covid-19 vaccine if I have had a Covid-19 infection?

If you have recovered from the disease and if you are better and at least 28 days have passed from onset of disease you can take the COVID-19 vaccine.

Can I take another vaccine with covid-19 vaccine?

No. you cannot give any other vaccine together with covid-19 vaccine and there should be a gap of 14 days with covid-19 vaccines n any other vaccine. However, in case of any necessary vaccines such as tetanus, etc the attending doctor should decide and inform.

What are the possible side-effects of COVID-19 vaccine?

Side effects that have been reported with the COVID-19 Vaccine include:

Very Common side effects

- Pain at injection site

Common side effects

- Transient fever
- Fatigue
- Headache
- Diarrhea

- Redness / Fatigue / Itching / Hardness at the injection site

Uncommon

- Skin rash at injection site
- Nausea and Vomiting
- Itching at the non-injection site
- Muscle pain, Arthralgia, Drowsiness, Dizziness

Note: These may not be all the possible side-effects of COVID-19 vaccine. Like other medications unexpected side-effects may occur.

****If you have any breathing difficulty, skin rash or severe symptoms seek immediate medical care from the nearest hospital*

What should I do about side effects?

For severe side effects that include;

- breathing difficulty
- throat swelling and constriction
- skin rash
- lips or tongue swelling

Seek immediate medical care from the nearest hospital or health center.

For Minor symptoms such as low-grade fever, headache body pain and pain at injection site causing discomfort, 1 tablet paracetamol (500mg) can be taken every 6 to 8 hourly. It is not recommended to massage or apply any local medication on the injection site.

These minor side effects usually resolve within 2_3 days but If these symptoms persist beyond this or become more severe seek medical care from a health care provider.

If there is bleeding from the vaccination site continue applying pressure with the swab and seek medical care if there is persistent bleeding.

Call 1676 if you have concerning non-severe side effects If you reside in Greater Male' Area. Call the island health facility if you reside outside Greater Male' Area.

**Note: These may not be all the possible side-effects of COVID-19 vaccine. Like other medications unexpected side-effects may occur.*

Should I continue to practice the public health measures after I am vaccinated?

The COVID-19 vaccine is one more layer of protection against infection from the virus. You should continue to practice the public health measures (wearing mask, maintaining physical distance and hand hygiene) to keep yourself and others protected against the virus.

How is this vaccine stored?

The vaccine must be stored between 2-8°C.



Can you donate blood after vaccination?

You can donate blood 3 days after vaccination if you feel well.

Can a person with G6PD be vaccinated?

Yes.

Can a thalassemia patient be vaccinated?

Yes.

Can a diabetic person (on medication or not on medication) be vaccinated?

Yes, if not acutely sick.

Can a person on antibiotics be vaccinated?

It is advised to consult with a healthcare provider before getting the vaccine.

Can people with immunosuppressed conditions be vaccinated (such as patients on steroids and other immunosuppressant conditions)?

Those with immuno-suppressed conditions may receive the vaccine, though efficacy may be lower

Those who have undergone organ transplantation may receive the vaccine 3 months after transplantation.

Can I get vaccine if I had COVID-19?

Those who tested positive for COVID-19 can receive the vaccine after recovery, 28 days from the day of onset of symptoms or if asymptomatic 28 days from positive test.

References:

MFDA Press release (PR) 182-REG/182/2021/12

<http://www.health.gov.sc/index.php/covid-19-vaccination-faqs/>

<http://english.nmpa.gov.cn/newsletter.html>

http://www.moh.gov.bn/Shared%20Documents/COVID-19%20Vaccine/FAQs%20General%20Covid%2019%20Vaccine_04032021.pdf#search=sinopharm