

**Vaccination protects.
Also at work.**

Information about the coronavirus vaccination

Vaccination protects. Also at work.

The COVID 19 vaccination offers effective protection against infection with the coronavirus and, in particular, against severe cases of the disease. At the same time, vaccinating individual employees protects the entire company from downtime due to illness or quarantine.

The coronavirus pandemic has brought numerous restrictions with it. It is not just individuals who are suffering, but also entire companies. Jobs are at stake. In the meantime, the situation has improved because vaccines are available. The coronavirus vaccine is the only effective means of containing the pandemic and returning to normal life in the long term. The vaccine "teaches" the body to build up a special immune defence against the virus. This enables the body's own defences to immediately fight the virus at the next contact. The disease is prevented. This protects you, your colleagues - and ultimately your job.

Questions and answers

...❖ Why should I get vaccinated?

By getting vaccinated, you protect yourself from COVID-19 disease, especially from a severe case of the disease. With most vaccines, two jabs are necessary. You are fully immunised 14 days after the second jab. This means that you will now most likely not get COVID-19 or at least not get a severe case. In addition, according to current knowledge, fully immunised people are less contagious. So the more people are immune to the virus, the sooner the pandemic can be contained. And the sooner restrictions can be relaxed.

...❖ What does vaccination protect me from?

Depending on the vaccine, the vaccination provides up to 95 per cent protection against COVID-19 disease. And if you are infected despite vaccination, the cases are more likely to be mild.

...❖ Who should get vaccinated?

Vaccination is recommended for all adults. Certain restrictions only apply to a few groups of people, such as those with capillary leak syndrome or those who have experienced blood clots with a reduction in platelet count after vaccination with Vaxzevria. The Standing Committee on Vaccination (STIKO) is continuously reviewing recommendations for COVID-19 vaccination.

...❖ What vaccination reactions and side effects should I expect?

Because the immune system reacts to the vaccine, different vaccination reactions may occur. This is the case with most vaccinations and is completely normal. The symptoms usually subside after a short time. Severe side effects are very rare.


Examples of vaccine reactions include pain at the injection site, fatigue, a general feeling of illness, headache, increased temperature, or fever. There have been reports of severe vaccine reactions and even deaths. But such reports occur with almost all medications and vaccinations. The risk of becoming infected and seriously or even fatally ill is still many times higher without vaccination.

Seek medical advice before getting vaccinated!

...❖ Why is herd immunity important?

If you are fully vaccinated, the risk of you transmitting the virus is low. This also benefits people who cannot be vaccinated themselves or who belong to risk groups. To achieve herd immunity, as many people as possible should be fully vaccinated. This also makes cooperation in the workplace safer.

Common symptoms and complications of COVID-19



Headache
Fever
Dry cough
Diarrhoea
Loss of smell / taste
Sore throat
Shortness of breath
Fatigue

Complications:

- Pneumonia
- Respiratory distress up to the need for artificial respiration
- Resulting neurological and cardiovascular damage
- Excessive immune response
- Long-COVID
- Death



Additional information

www.dguv.de/impfenschuetzt

www.infektionsschutz.de/coronavirus/schutzimpfung

www.116117.de/corona-impfung

...❖ **How effective is the vaccination?**

The vaccination has a good to very good efficacy. Depending on the vaccine, the probability of contracting COVID-19 is 65 to 95 percent lower than in the unvaccinated. A booster vaccination is usually recommended after about six months.

...❖ **What are the benefits of vaccination for me?**

In the meantime, many restrictions apply to unvaccinated persons. Unvaccinated people also no longer receive compensation for loss of earnings due to quarantine.

If you are fully vaccinated, however, you can enjoy a whole range of exemptions. For example, with your proof of vaccination, it is possible to participate in certain recreational activities and events.

Most importantly, however: You are largely protected against infection and, in particular, against severe cases of the disease.

...❖ **What are the advantages of my vaccination for my company and for my colleagues?**

The coronavirus pandemic presents us all with major challenges. For your company, these are extensive organisational and logistical tasks that cost time and money.

In order to protect yourself, your colleagues, but also your job, it is important that as many people in the company as possible get vaccinated.

Those who are fully vaccinated are much less likely to fall ill. If you do fall ill, the course of the disease is usually milder. Therefore, in a team of vaccinated people, there will be fewer absences from work and thus fewer substitutions, overtime, and changes in duty rosters.

Especially in industries where there is a lot of contact with customers, where employees are in different places every day, and where goods are transported across borders, it is possible for the coronavirus to be introduced. It is therefore all the more important that the vaccination protects the workforce from serious illness and the associated loss of working hours. Also, to protect partner farms and customers, the virus should not be given the opportunity to spread.

For businesses, vaccination brings the opportunity to adapt their own hygiene plan and thus further simplify operational processes, provided that the necessary requirements are met. Depending on the operational activity, this can be existential for a company and thus also for the employees in economic terms.



...❖ **Where can I get vaccinated?**

You can get vaccinated in doctors' offices, in vaccination centres, by mobile teams, or by company physicians. You can obtain information about vaccination and also make an appointment by calling 116 117.

You can take advantage of these vaccination services if you have statutory or private health insurance in the Federal Republic of Germany or if you have your domicile or usual place of residence in Germany.

Mariners - regardless of nationality and regardless of the flag of their ships - can also get vaccinated in some German ports. For more information on vaccination services for mariners, see "Maritime Medicine" at www.deutsche-flagge.de/de/coronavirus.

...❖ **Why are the previous measures (AHA + L) not sufficient for my protection?**

The AHA-L (Distance, hygiene, masks and airing) measures offer important protection against infection with the virus. New virus variants are spreading in Germany and Europe. Some of them are more contagious than the previous virus variants. Therefore, the protection provided by the previous AHA-L measures is not sufficient.

Fully vaccinated persons fall ill much less frequently and have milder symptoms. They are also better protected against viral variants. In addition, full vaccination is the best protection against Long-COVID, i.e. possible long-term consequences.

Fact check: Five myths about vaccination

Myth: The side effects are poorly researched. Some will only become apparent after years.

Fact: Just as with all other vaccines and medicines, the coronavirus vaccines had to undergo extensive testing before they could be approved in Germany. Quality, safety, and efficacy were ensured through rigorous studies and controls. It is true that the development and approval of the coronavirus vaccines was much faster than for other medicines. The reason for this is the seriousness of the situation: Research groups, manufacturing companies, drug regulators, and regulatory agencies made the goal of obtaining a vaccine against COVID-19 a top priority. This has allowed targeted research to be conducted worldwide, knowledge to be shared, and long bureaucratic processes to be shortened. As a result, the approved vaccines have gone through all the usual testing steps - only in a more targeted and therefore time-saving manner than would otherwise be the case.

Since the first approvals, possible side effects of the vaccines have been constantly monitored and evaluated. Large-scale observational studies with very large numbers of participants are currently underway. In response to findings on possible side effects, the recommendations for individual vaccines have in fact already been adjusted.

Myth: I am healthy and have no previous illnesses. I can survive a coronavirus infection without vaccination.

Fact: The course of the COVID-19 disease is more often severe in people who belong to risk groups and in people over the age of 60.

However, people who are young and healthy can also become seriously ill. This can result in severe symptoms and long absences from work as well as long-term consequences, so-called Long-COVID.

Myth: The proportion of vaccinated patients in intensive care units is at least as high as the proportion of unvaccinated patients.

Fact: Many more COVID-19 sufferers who are hospitalised are not vaccinated or not fully vaccinated. The vast majority of COVID-19 patients in intensive care are also not adequately immunised. Severe cases requiring hospital treatment could be prevented by vaccination. Worst-case scenario: ICU beds are filled with COVID-19 sufferers, preventing other patients (for instance accident victims) from being adequately treated.

Myth: mRNA vaccines alter the human genome.

Fact: The mRNA in the vaccine and our human DNA are chemically different. They also have different tasks. Therefore, the injected mRNA cannot be incorporated into human DNA. The mRNA also cannot be converted to DNA.

Myth: The vaccines cause infertility.

Fact: Certain parts of the coronavirus resemble proteins that are responsible for placenta formation in the female body. Extensive studies have shown that the coronavirus antibodies produced in the body as a result of vaccination do not cause infertility. Similarly, infection with the virus does not lead to infertility.

This is also supported by the birth rates in Germany, which have hardly changed compared to the years before the pandemic.