

# UGM Expert: Preparation Tips before Getting Covid-19 Vaccine

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The Covid-19 vaccination has been initiated to be shot to the community since last January 2021. Due to the limited number of vaccines, the government decided to divide them into several priority stages, such as the front-line officers, health workers, community, and the elderly. Due to a large population in Indonesia, the vaccination program will take a while, and currently, the vaccination will be shot for the community and elderly. If so, then is there any particular thing I must do before being vaccinated?

Dr. Mohamad Saifudin Hakim, M.Sc., Ph.D., as UGM Virology and Immunology Expert, revealed that basically, there was no preparation needed before vaccination. However, he suggested that people must stay healthy so that the vaccination program will run well and optimally. People can start consuming nutritious and balanced intakes.

“There are no preparations needed from medical teams such as specific consumption for the food intakes, drink, or particular medicine,” he explained on Friday (12/3)

Besides, people should take enough rest and avoid heavy activities hoping that patients will be in



excellent condition during vaccination. As additional information after vaccination, people are recommended not to consume painkillers except there is the recommendation from a doctor because of a special condition. Pain that appears after the vaccination shot is considered a normal condition. This condition also applies to the use of antiallergic drugs. He added that there would be screening from the officers to check whether you have a medical history, including allergies, before vaccination. If there is any, then there would be no vaccination.

“Do not forget to keep implementing health protocols of 5M (wearing mask, washing hands, keeping distance, avoiding the crowd, and limiting mobility,” he added.

Author: Ika

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