

HOW TO REGISTER FOR VACCINATION?

- use the Government Services Portal;
- visit the polyclinic in person;
- call 1300 (ext. 10).

WHERE CAN I GET VACCINATED?

Vaccination stations have been opened in every municipality of the Sakhalin Oblast. You can get vaccinated in the local polyclinic at the place of residence. For more information on COVID-19 vaccination, call the local polyclinic or hospital.

The list of medical facilities and phone numbers is given below:

- Yuzhno-Sakhalinsk Polyclinic No. 1, tel.: 8 (4242) 227968
- Yuzhno-Sakhalinsk Polyclinic No. 2, tel.: 8 9028104526
- Yuzhno-Sakhalinsk Polyclinic No. 4, tel.: 8 (4242) 755056
- Yuzhno-Sakhalinsk Polyclinic No. 6, tel.: 8 (4242) 559199
- Sinegorsk Local Hospital, tel.: 8 (4242) 239144 (ext. 408)
- Aniva Central Regional Hospital, tel.: 8 9140830496
- Alexandrovsk-Sakhalinskiy Central Regional Hospital, tel.: 8 (42434) 42053
- Central Regional Hospital of Dolinsk, tel.: 8 (42442) 28356
- Korsakov Central District Hospital, tel.: 8 9004340467
- Kurilsk Central District Hospital: Kurilsk branch, tel.: 8 (42454) 42485
- Reidovo branch, tel.: 8 (42454) 99203
- Goryachiye Klyuchi branch, tel.: 8 (42454) 97240
- Gorny branch, tel.: 8 (42454) 98318
- Makarovsk Central District Hospital, tel.: 8 (42443) 52711
- Nevelsk Central Regional Hospital, tel.: 8 (42436) 62550
- Nogliki Central District Hospital, tel.: 8 (42422) 96815
- Okha Central District Hospital, tel.: 8 9147591631
- Poronaysk Central District Hospital, tel.: 8 9248888670
- Severo-Kuril Central District Hospital, tel.: 8 (42453) 21373
- Central Regional Hospital of Smirnykh, tel.: 8 (42452) 41336
- Ulegorsk Central District Hospital, tel.: 8 (42432) 43244
- Tomarinsky Central District Hospital, tel.: 8 (42446) 26203
- Tymovsk Central District Hospital, tel.: 8 (4244) 722431
- Kholmskaya Central District Hospital, tel.: 8 (42433) 56365
- Central Regional Hospital of Yuzhno-Kurilsk: Yuzhno-Kurilsk branch, tel.: 8 (42455) 21540
- Krabozavodskoye branch, tel.: 8 (42455) 96106

WHAT ARE THE SIDE EFFECTS OF THE VACCINE? ARE THERE ANY LIMITATIONS FOR PEOPLE WHO HAVE BEEN VACCINATED?

On the first or second day after vaccination, a person may develop general reactions (flu-like: chills, fever, joint pain, muscle pain, fatigue, headache; at the injection site: soreness, redness, swelling), which may persist for the next three days. Less commonly, the vaccine causes nausea, indigestion, decreased appetite, and swelling of lymph nodes. May produce an allergic reaction. These manifestations are a normal physiological reaction to the components contained in the vaccine.

It is recommended to avoid excessive physical exertion, as well as not to wet the injection site, go to the sauna, take baths, or drink alcohol for three days after vaccination.

Even after you get vaccinated, it is important to continue wearing a face mask and gloves and maintain social distance.

CAN THE VACCINE BE USED AS A TREATMENT FOR PEOPLE WITH COVID-19?

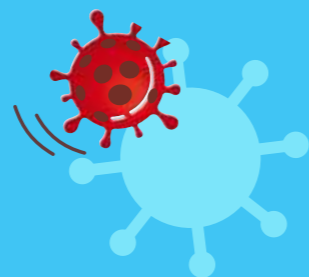
No. The vaccine is designed to prevent disease. If a person has symptoms of COVID-19, vaccination is prohibited.

CAN PEOPLE WHO HAVE RECOVERED FROM COVID-19 GET VACCINATED AND WHEN?

There is no prohibition on COVID-19 vaccination for those who have recovered from the disease. If there are no contraindications and more than two weeks have passed after recovery from any infectious disease, you can proceed with vaccination.

AFTER VACCINATION, WHEN CAN THE ANTIBODY LEVEL IN THE BODY BE MEASURED?

The antibody level in the body can be measured three weeks after the second vaccine injection.



REMEMBER: VACCINATION IS THE MOST EFFECTIVE DEFENCE AGAINST MANY INFECTIONS!



COVID-19 VACCINATION

WHY DO WE NEED VACCINATION? CAN WE BE SAFE WITHOUT IT?

A person's innate immunity cannot always successfully fight pathogens of dangerous infectious diseases, such as hepatitis, tetanus, tuberculosis, measles, poliomyelitis, and so on. Being highly contagious, these viruses are quickly transmitted from one person to another; therefore, it is necessary to stop the spread of infection as soon as possible to avoid an epidemic. Vaccination is the most effective defence against infectious diseases known to modern medicine. It makes it possible to build individual and then herd immunity. Just like with other infectious diseases, vaccination is a highly effective tool against the spread of coronavirus.

WHAT COVID-19 VACCINES ARE CURRENTLY USED?

In Russia, several COVID-19 vaccines have been developed and are currently used. They are:

- Gam-COVID-Vac, a combined vector vaccine distributed under the "Sputnik V" trademark.
- Gam-COVID-Vac-Lyo, a combined vector vaccine.
- EpiVacCorona, a vaccine based on peptide antigens.

WHO CAN GET VACCINATED?

You can register for COVID-19 vaccination and get vaccinated if you:

- are over 18 years old;
- do not have ARVI symptoms at the time of vaccination and have not been sick in the two weeks prior;
- have not been vaccinated for any diseases in the past 30 days;
- are not pregnant or breastfeeding.

IS IT ABSOLUTELY NECESSARY TO GET VACCINATED IN TWO STEPS? WHAT IS THE RECOMMENDED INTERVAL BETWEEN THE TWO INJECTIONS?

The two-stage vaccination scheme allows building strong immunity to COVID-19, lasting up to two years. Vaccination is carried out in consecutive stages: first, an intramuscular injection of component I in a dose of 0.5 ml and then, after a three-week (21-day) interval, a similar injection of component II. Immunity starts building immediately after getting the first injection. The second injection stimulates the body's immune response and provides a lasting effect. It has been clinically proven that two-stage COVID-19 vaccination elicits an immune response in almost all applications, and this immunity is stronger than in people who have recovered from the disease.

IS THE VACCINE SAFE?

The independent Data and Safety Monitoring Board (DSMB) has confirmed that no serious vaccine-related adverse events were registered.

CAN THE VACCINE NEGATIVELY AFFECT THE HEALTH OF PEOPLE AGED 65 AND OVER?

No significant side effects of vaccination, including in people over 65, have been reported.

CAN CHILDREN BE VACCINATED FOR COVID-19?

Children cannot get vaccinated for coronavirus until the vaccine has passed the appropriate testing and its safety has been officially confirmed specifically for children. The good news is that children are not in the risk group and, when infected, develop a very mild form of the disease.

ARE THERE ANY CONTRAINDICATIONS TO VACCINATION?

Contraindications are specified in the instructions for the use of the vaccine. Major ones are the following:

- hypersensitivity to the vaccine components;
- severe allergic reactions in the past;
- exacerbation of chronic diseases;
- pregnancy and breastfeeding;
- age below 18 years.

Before vaccination, the doctor will examine the person and make an appropriate decision.

