How you can help end the corona pandemic

The new corona virus (SARS-CoV-2) is around the world and it will likely stay that way. But together we can ensure that the virus is no longer a threat to us. When the pandemic is over, we can all live together normally again. For us to achieve this, EVERYONE must help.

Vaccine

A vaccination against the corona virus protects you and others. When a lot of people are vaccinated, the virus will no longer be such a big threat. Not so many people will get seriously ill, and the hospitals will have more free beds again. Vaccination is voluntary and free of charge for all people in Germany. So, nobody has to pay money for the vaccination, and nobody can be coerced or forced. But we can only end the corona pandemic if many people get vaccinated.

What else can help?

Until enough people have been vaccinated, we have to keep our social distance and have little contact with other people. Otherwise, the hospitals will remain full, shops will be closed and meetings will be prohibited. We must also keep wearing masks. Now there are also many places where you can do rapid tests for the corona virus. These tests are also free.
Also, it helps if a lot of people use the Corona warning app.

Where can I find more detailed information

There are a lot of information about Corona and vaccination. Unfortunately, there are also a lot of wrong information and it is not so easy to notice what is right and what is wrong. Only trusted sources of information are safe and trustworthy. In Germany, safe Corona information can be found at the Robert Koch Institute (RKI) www.rki.de, at the Federal Ministry of Health (BMG) www.bundesgesundheitsministerium.de or at www.zusammengegencorona.de and at the Federal Center for Health Education (BZgA) www.infektionsschutz.de. Of course, you can always ask a doctor whom you may have been to before.

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The Corona vaccination*

In Germany, there are 4 vaccines approved which are effective and safe

The manufacturers are BioNTech / Pfizer, Moderna, AstraZeneca and Johnson & Johnson.
With BioNTech / Pfizer, Moderna and AstraZeneca you have to be vaccinated twice, with Johnson & Johnson only once.
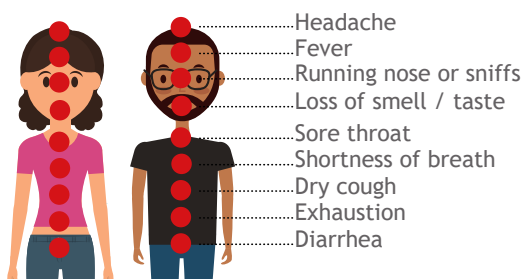
The development of the vaccines against the corona virus happened very quickly because lots of experts around the world were working on it at the same time. A lot of money has been spent which makes the research faster. In addition, coronaviruses are not new and therefore scientists already knew a lot about similar viruses. Because the new corona virus is spread all over the world, the vaccine could also be quickly tested.
For a vaccine to be approved in Germany, it is tested very carefully. The vaccine will continue to be monitored even after it has been approved. You can read more about this at www.zusammengegencorona.de/impfen/impfstoffe/so-sicherheit-ist-die-corona-schutzimpfung.

The vaccination protects against a serious illness when infected with the corona virus

Common symptoms of Covid-19

Headache
Fever
Running nose or sniffs
Loss of smell / taste
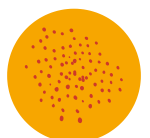Sore throat
Shortness of breath
Dry cough
Exhaustion
Diarrhea

Possible complications from Covid-19

Lung infection

Consequential damage to the heart and blood vessels

Excessive immune response

Consequential damage to the nervous system

Shortness of breath up to the need for ventilation

Long-term consequences of Covid-19

Typical reactions after vaccination

You may feel a reaction in your body to the vaccine after vaccination. These reactions are a sign that the immune system is working. That is good and is part of the effect of the vaccination. Most of the time the side effects go away after 24 hours.

Pain at the injection site

Fatigue

Headache

Shivering

Muscle pain

Joint pain

Fever

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