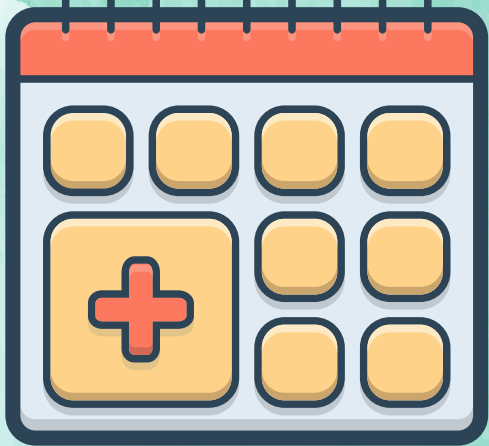




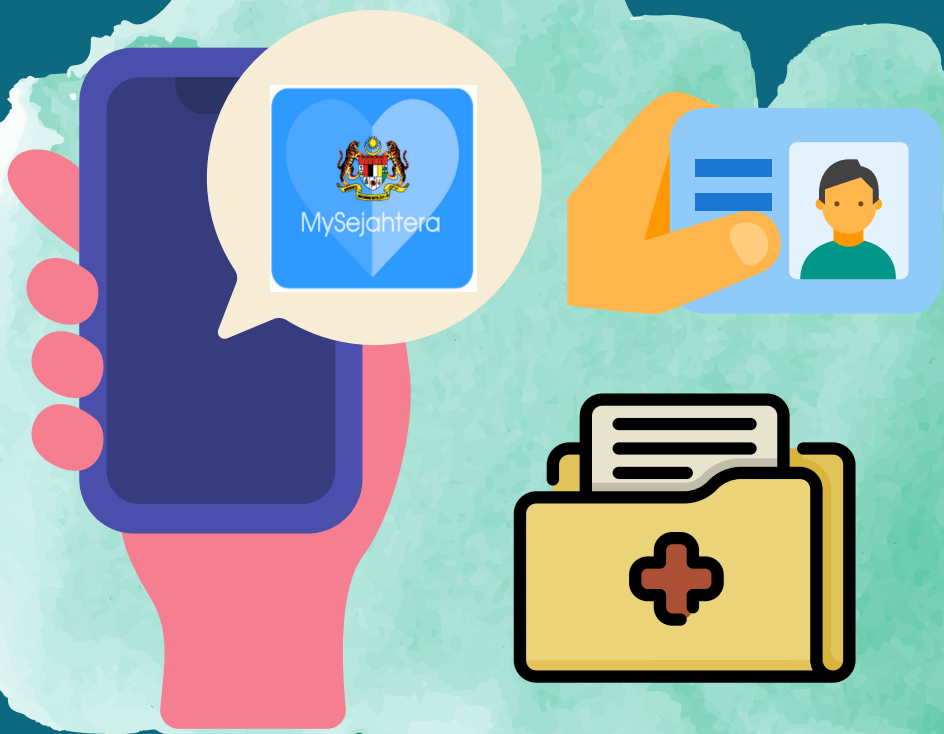
Tips and Reminders

COVID-19
VACCINATION



- Mark and set reminders for your appointment date
- Try to arrive **30 minutes to 1 Hour** before given time

- Know your **Baseline Heart Rate**, and **Blood Pressure** if possible



- **Update MySejahtera App** on your phone
- Remember your MySejahtera Password
- Bring your **IC/ Passport**
- Bring your **OPD/ Clinic Cards**

- **Wear appropriate clothes** to ease the vaccination process
- Ladies may bring scarfs/ shawls for modesty



- Wear standard PPE including **3-Ply Face Mask** and **Face Shield**
- Maintain **Physical Distancing**
- **Declare** if you are **symptomatic/ unwell**