

A Request to the Citizens of Nagaoka Who Wish to Receive COVID-19 Group Vaccinations

【Before Your Vaccination】

- **If you have underlying health conditions such as cardiac disease, kidney problems, etc., or if you are allergic to certain medicine or food, consult with your physician on your conditions before vaccinations. Consultations with a physician will not be possible at vaccination sites.**
- **Those who received their regular pneumococcus vaccination for the elderly or other vaccinations in the two weeks prior to their vaccination date cannot get COVID-19 vaccinations.**
- **On the day of vaccination, take your temperature at home. If it is obvious that you have a fever or you feel unwell, do not get vaccinated. You are requested to phone the Nagaoka City COVID-19 Vaccination Center (0570-012-035, 10:00 a.m. – 7:00 p.m.). Those who fall under the following categories should not go to the vaccination sites.**
 - Those whose temperature was 37.5°C or above in the one week prior to their vaccination date.
 - Those who contacted people who were positive for COVID-19 or possibly positive (including those with a fever in your household or at work) in the two weeks prior to their vaccination date.
 - Those who traveled to and from other prefectures and those whose family members traveled to and from other prefectures and have cold symptoms and a fever in the two weeks prior to their vaccination date.
- **On the day of your vaccination, go to the vaccination site with your medical questionnaire form, vaccination coupon, and ID (driver's license, health insurance card, etc.)**
- **Wear clothes that can easily expose your shoulder, if possible.**
- **In order to avoid crowding at vaccination sites, you are not allowed to enter the site even if you come earlier than your appointed time. You are requested to come at the time of your appointment and wear a face mask (a non-woven fabric mask if possible). The number of people accompanying you should be as small as possible.**
- **Keep conversations to a minimum.**

【After Your Vaccination】

- **Sit quietly at the vaccination site for 15 minutes. If you are worried about suffering from allergic side effects, stay there for 30 minutes.**
- **After getting vaccinated, you may have a high risk of side effects such as pain in the injection area, fatigue, fever, etc. However, most of these side effects will fade away within three days. If you do not get better, you are advised to receive treatment at a medical clinic or call the Niigata Prefecture COVID-19 Medical Health Consultation Center at 025-385-7762 (8:30 a.m. – 6:00 p.m.).**
- **Even though the pain you may have immediately after getting vaccinated will not be so serious, you are likely to have side effects with a fever after the second vaccination. Therefore, you are advised to keep your schedule completely open on the day of vaccination and the following day as well if possible.**