



**COVID-19
SAFETY**



**MASIGONYENI.
MASENZENI
LENTO.**

**LAAT JOU INENT.
KOM ONS
DOEN DIT**

coronavirus.westerncape.gov.za
#LetsDoThisWesternCape

Avoid Long-COVID, make sure your vaccines are up to date

Long COVID should be avoided at all costs. Many people who experience mild infections suffer from fatigue and cough for weeks to months afterwards, impacting their quality of life. Make sure your vaccinations are up to date.

Find your nearest vaccination site [here](#).

Yiphephe iCOVID yeXesh' elide, qinisekisa ukuba izifumene zonke izitofu zakho zogonyo

Kufuneka iphethswe ngazo zonk' indlela iCOVID yeXesh' elide. Abantu abaninzi abafumana usulelo olungephi baphathwa ludino nalukhohlokhohlo kangangeveki ukuya kwiinyanga emva koko, nto leyo echaphazela umgangatho wobomi babo. Qinisekisa ukuba uzifumene zonk' izitofu zakho zogonyo.

Yifumana indawo yogonyo ekufutshane nawe [apha](#).

Vermy Lang-COVID, maak seker jou entstowwe is op datum

Lang-COVID moet ten alle koste vermy word. Baie mense wat ligte infeksies het, ly aan moegheid en hoës vir weke tot maande daarna, wat hul lewenskwaliteit beïnvloed. Maak seker jou inentings is op datum.

Vind jou naaste inentingsperseel [hier](#).