

## **IMPORTANT INFORMATION ON VACCINATIONS AGAINST COVID-19**

All foreigners who have not been assigned a PESEL number but hold a residence permit issued for working, studying or staying with their family in Poland may take advantage of Poland's National Vaccination Programme, which **is free of charge**.

**Currently each student has the possibility to register for free vaccination against COVID-19.**

Before doing this, you should visit your primary health care physician **or make an on-line appointment with our university, English speaking physician** who is authorised to issue a vaccination e-referral, based on your valid identity document (passport, ID card, etc.).

**Once it is available in the online system, you can register for vaccination by calling the designated 24 hours, free helpline – 989 or +48 22 62 62 989, when calling from abroad.**

1. After connecting to the number 989, you will hear a welcome message and information about the recording of the call and the processing of personal data.
2. Select 1 and you will be connected to a consultant.
3. Enter your first and last name, PESEL number (if you do not have one, enter the document number on the basis of which you were registered in the system by your primary health care physician), postal code of your place of residence and contact telephone number.
4. The consultant will suggest the closest possible dates for you at the nearest vaccination point and will set you up for a convenient vaccination date.
5. After the interview, you will receive an SMS with the date and place of vaccination.

6. On the day before the vaccination, you will receive an SMS reminding you about this event.

Note: for the second dose you will be signed in at the vaccination point immediately after the first injection.

Remember to have with you the identity document used for registering in the system.

For additional information on vaccinations against COVID-19 visit the following web site: [Information for foreigners - Szczepienie przeciwko COVID-19 - Portal Gov.pl \(www.gov.pl\)](https://www.gov.pl)

### How to prepare for vaccination?

1. **Get proper sleep before vaccination** – sleep positively affects the immune system.
2. **Limit your alcohol intake** – limit your alcohol intake several days before and after vaccination; preferably, avoid alcohol altogether.
3. **Exercise before vaccination** – physical activity helps improve your body's condition.
4. **Fasting is not required** – you may eat normally on your vaccination day.
5. **Never stop taking your prescribed medication on your own** – always consult your doctor first.
6. **Fill out the pre-vaccination questionnaire diligently** – you will be asked to fill out a medical questionnaire before receiving the vaccine. Under no circumstances should you conceal any information!
7. **Remain at the vaccination centre for at least 15 minutes** – this is to ensure your safety.
8. **Do not be concerned about VAEs** – VAE stands for vaccine adverse events. They are rare and typically benign if they do occur. You may experience e.g. redness in the injection area or a minor fever after vaccination. All such symptoms should



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subside within 1-3 days. Should you experience significant discomfort, you may also take antipyretics after vaccination.