



SKYWARD EXPRESS COVID-19 VACCINATION GUIDANCE

1. Should I be vaccinated?

- COVID-19 disease has no known treatment; COVID-19 vaccination is a safer way to help build protection.
- Based on what we know about vaccines for other diseases and early data from clinical trials, COVID-19 vaccine protects one from getting severe COVID-19 disease.
- Getting vaccinated protects people around you, particularly people with increased risk for severe illness from the disease.

2. Is it mandatory in Skyward Express to be vaccinated?

It is highly recommended as there is an exponential increase of COVID-19 spread in the community as well as our workplace and this potentially exposes us. The benefit of vaccination against severe disease outweighs any risks.

3. Is the vaccine effective?

All COVID-19 vaccines currently available have been shown to be highly effective at preventing the disease. Getting COVID-19 may offer some natural protection, known as immunity – COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.

4. Can I continue applying the COVID-19 prevention measures only without a vaccine?

Wearing masks and social distancing helps reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. COVID-19 vaccination will be an important additional tool to help stop the pandemic.

5. Am I eligible?

While different countries may have different guidelines, all Skyward Express staff are eligible for COVID-19 vaccination as long as they provide verbal consent.

6. How do I access the vaccine?

We are encouraging all staff and their families to visit the nearest Ministry of Health (MoH) designated approved vaccination sites as guided by the Health Ministry.

7. How many vaccines do I need?

With most COVID-19 vaccines, you will need 2 shots in order for them to work. It takes time for your body to build protection after any vaccination.

8. Can I go back to normal activities after having my vaccine?

For flight crew or machine operating crew, as advised by Federal Aviation Administration (FAA) you will be required to comply with a 48 hours no fly policy after vaccination. This will apply only to crew.

9. Is the vaccine safe?

Yes, research to date indicates the vaccines for COVID-19 have a very good safety profile.

10. Is there risk of allergic reaction from COVID-19 vaccine?

As advised, people with allergies to certain foods, insects, latex and other common allergens can safely receive the COVID-19 vaccine. Those with a history of severe allergic reaction (anaphylaxis) to injectables or other vaccines should discuss the vaccination with their doctor, who can evaluate and assess their risk.

11. Are there side effects from COVID-19 vaccination?

As the body is building protection, side effects may occur. These side effects may feel like flu and may even affect your ability to do daily activities, but they should go away in a few days. Common side effects include pain, swelling where you got the shot as well as fever, tiredness, chills and headache. When compared with the first dose, adverse reactions reported after the second dose are milder and less frequent.

12. What do I do if I have these side effects? To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area where you got a shot and continue to use or exercise your arm. To reduce discomfort from fever:
- Drink plenty of fluids.
- Dress lightly, pain killer intake such as Panadol after the shot will help ease the pain.

13. What if the side effects persist?

Contact your doctor or healthcare provider; if the redness or tenderness where you got the shot increases after 24 hours or body symptoms persist.

14. What do I do next after vaccination?

Plan to attend your second appointment as indicated on the vaccinations message sent by the MOH with the details on your next appointment. Ensure you fill out correct details on the vaccination card during your initial shot. Your next appointment should be between 4-12 weeks later. It is important to have both doses of the same vaccine to give you the best protection.

15. Do I still need to wear a mask if vaccinated?

Yes, you will still need to comply to all COVID-19 prevention guideline.

16. Is the vaccine safe in pregnancy and breastfeeding?

Pregnancy: There is a limited experience with the use of COVID-19 Vaccine AstraZeneca in pregnant women. Administration of COVID-19 Vaccine AstraZeneca in pregnancy should only be considered when the potential benefits outweigh any potential risks for the mother and foetus.

Breastfeeding: There is evidence from some vaccines that the breast-feeding baby may acquire a level of protection. The vaccine is recommended for use during breast feeding.

17. Are the vaccines effective against new strains of the SARS COV-2 virus?

It is possible that the vaccine has reduced efficacy against some of the new strains, but very likely even for those strains that the recipient will be protected from severe disease. While further work is ongoing in this field, the advice is to continue with the vaccination as planned.

18. If I've had a positive antibody test, should I still get vaccinated?

Yes, it is currently recommended that the vaccine can and should be given if you have had a positive antibody test.

19. I'm currently ill with COVID-19, can I get the vaccine?

People currently unwell and experiencing COVID-19 symptoms should not receive the COVID-19 vaccine until they have recovered.

20. Should I get vaccinated if I have already had COVID-19?

Yes, you should get vaccinated against COVID-19 even if you have already had the disease. However, if you are currently infected, you must wait for your symptoms to resolve, your isolation period to end and if you were prescribed steroids, these must also have ended. This applies to either of the doses of the COVID-19 vaccine.