



**Advisory: Avoid Strenuous Activities One Week Post Vaccination**







Thank you for taking part in this national vaccination exercise.

We recommend that everyone, in particular adolescents and younger men aged less than 30 years, avoid strenuous physical activity, such as intense exercise, for one week after the first and second doses. Some examples of strenuous physical activity to avoid are running, competitive sports, or playing ball games.

During this time, if you develop any chest pain, shortness of breath or abnormal heart beats, you should seek medical attention immediately.

Your health, safety, and well-being are most important to us. Please heed this advisory.

**Examples of Strenuous Physical Activities to avoid:**

 Swimming	 Cycling	 Running/ Jogging
 Lifting Heavy Weights	 Competitive Sports/ Physical Education	 Playing Ball/ Racket Games

**Examples of Physical Activities that are safe:**

 Stretching/ Working while standing	 Casual Walking	 Housework
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