




A shot in the arm

Singapore kick-started its Covid-19 vaccination programme yesterday morning, with 40 front-line workers from the National Centre for Infectious Diseases taking the lead. **Clara Chong** looks at the steps involved for those getting the vaccine.




- 1**  The patient fills up an information sheet and screening form before getting vaccinated. **Personal particulars, medical information and consent are obtained.**




- 2**  When it's time for vaccination, the patient is asked about **pregnancy status, history of severe allergies and the health of her immune system** – such as recently receiving a transplant or cancer treatment.


- 3**  If the patient is eligible, the deep-frozen vaccine is thawed and diluted. It can then be kept at room temperature for a few hours. Each Pfizer-BioNTech vial contains **five doses of vaccine.**




- 4**  The vaccinator draws out a sodium chloride solution to **dilute the vaccine.**
- 5**  The vaccine vial stopper is cleansed with **a single-use antiseptic swab**, before the sodium chloride solution is added.
- 6**  The vial is then inverted gently, and the vaccine becomes **an off-white suspension.**




- 7**  The date and time of dilution are recorded. The vaccine vial, once opened, must be discarded **after six hours.**

- 8**  The vaccine is administered into the arm, using the smallest needle. **The volume injected is 0.3ml.**



- 9**  After receiving the vaccine, the patient gets a vaccination card and is **observed for 30 minutes** to ensure that the vaccine is well tolerated. The patient can then return to work.

- 10**  The patient will return for the second dose **21 days after the first jab.**

