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RU | TR | AR | FA

We're stronger when we're vaccinated!

**So, get vaccinated.
Get protected. Get tested.**

Niedersachsen. Impft. Klar.

Should I get vaccinated or not?

Will it make a difference?

It's surely enough to just let everyone else get vaccinated – do I even have a part to play?

Definitely! It is of great benefit both to you and others!

The coronavirus is still dangerous – even here in Germany. This will remain the case for a while yet. It is changing and variants are emerging that are more contagious than before.

The Covid-19 vaccine is the best way to safeguard against serious illness and the best chance of protecting yourself, your family and those around you!

As a society, we need as many vaccinated people as possible! This includes you! By getting vaccinated, you are making an active contribution to people staying healthy, being able to live as worry-free a life as possible and, hopefully, things returning to normal in the near future.

What you do – the decisions you make – will determine how the pandemic progresses. And your actions also help other people. Observe rules on hygiene and conduct. Continue to get yourself tested – even if you are fully vaccinated.

Vaccination makes us stronger!

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Vaccinate.

Do I really need to get vaccinated?
Yes, absolutely. The Covid-19 vaccine is the most effective route to ensuring this pandemic ends once and for all and we are able to return to what we consider to be normality.

Only when enough people are vaccinated will we see a reduction in cases of serious illness and death. We will only achieve this if every single one of us is completely vaccinated.

Are the vaccines completely safe?
Yes, all vaccines approved in Germany have been sufficiently researched and tested and are very safe. As with any vaccine, reactions are possible. For example, you may experience soreness in your arm around the injection site. It is also possible that you will feel unwell or develop a fever. This is normal. Your immune system is reacting. Very rarely, there may be more severe side effects. The risk associated with falling ill with Covid-19 is much higher. All vaccines protect you from becoming infected with the coronavirus and are highly effective against a serious progression of Covid-19. Furthermore, the vaccine reduces the risk of your passing the virus on to others.

Are there enough vaccine doses for everyone?
There is now enough vaccine available. Make an appointment with your doctor and find out about the vaccination possibilities.

Please get vaccinated in order to protect yourself and others!

Protect.
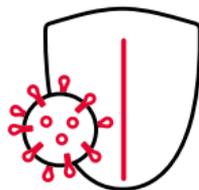
Why and how should I continue to protect myself?
Even if it is rare, it is possible to contract and transmit the virus despite being vaccinated. For this reason, you must continue to observe the familiar rules concerning hygiene and conduct.

Keep your distance: this is at least 1.5 metres to those around you. Whether this is while you are walking in a pedestrianised area, in a station concourse or in other situations – maintaining a safe distance is important and will remain so.
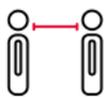
Wear a mask: this is especially important if you are unable to maintain a safe distance of 1.5 metres (e.g. in supermarkets, restaurants, etc.).

Observe proper hygiene: wash your hands with soap carefully and regularly. Cough or sneeze into a handkerchief or your elbow.

Ventilate: ensure indoor spaces are well ventilated. Breathing and speaking spread aerosols (small suspended particles) into the air, which can transmit viruses.

Corona-Warn-App: this app informs you if you have come into contact with an infected person, which is important to ensure you are able to behave appropriately.

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Test.

Why should I get tested?
If you have been infected by the virus without realising, you could transmit it and put others in danger. You can prevent this by getting tested regularly.

Where can I get tested?
You can get tested in pharmacies, doctor's surgeries and community testing centres.

What types of test are available?

PCR test – the most reliable test. Conducted by a medical professional. Often used to confirm a positive quick or self-test.

Quick PoC antigen test – conducted by a trained professional. You receive the result at the test location itself, by email or by text message.

Self-test – you can perform this alone wherever you like. Read the instructions. Self-tests can be found in any chemist's or pharmacy and at the supermarket.

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Information and support

Information concerning the coronavirus vaccine, protective measures and testing:

Online

The state government of Lower Saxony provides daily updates on the latest coronavirus developments at www.niedersachsen.de/coronavirus.
You can find information about vaccination, protection and testing in several languages at www.impfen-schuetzen-testen.de.
You can find doctors in your region at www.arztauskunft-niedersachsen.de.
Email: niedersachsen.impft@ms.niedersachsen.de

By telephone

The state coronavirus hotline can be reached on:
0511 120 6000
The state vaccine hotline can be reached on:
0800 99 88 665

Any further questions about Covid-19 and vaccination?

You can obtain support and advice from doctor's surgeries, numerous associations and institutions, municipalities, migrant advice centres, and, of course, from your friends and neighbours.
Ask questions and have a chat.

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