



I have had COVID-19 already!

People recovering from COVID-19 are at risk of:

- **Reinfection with another coronavirus variant**
 - Feeling tired and unwell for weeks and may develop long-term complications
 - Falling sick from other bacterial or viral infections

People who have recovered from COVID-19 will need to:

Start light intensity exercises and increase gradually to improve well-being



Practice deep breathing exercises daily, for lung health



Wear a Mask



Maintain physical distancing from others



Perform hand hygiene regularly



Obtain Vaccination* after a minimum of three months post-recovery



(ask your doctor for the latest recommendations)

*You still need the vaccine, however, do not take unnecessary risks to get it. Make sure that everyone else in your family is vaccinated.



If you get infected again, everyone including your loved ones are at risk of exposure and infection.

Those infected again, are also at a higher risk of severe disease.