

Morgen:

▷ Yoga



▷ Hecke schneiden

▷ Friseur

▷ Auffrischungsimpfung!

Tomorrow: Yoga, Cut hedge, Hair appointment,  
**Booster vaccination**

**SURE THING**

**... LET'S GET  
THE BOOSTER  
VACCINATION**

Information about the coronavirus booster vaccination



*'Over the past two years, we have realised how important it is for us to stick together as a society during the pandemic. We all have to act responsibly.*

*This is why I'm making this appeal – let's work together to ensure that we protect ourselves against coronavirus in the autumn and winter months.'*

**Klaus Holetschek, Member of the Landtag  
Bavarian State Minister for  
Health and Care**

## The summer wave has shown that coronavirus is still around.

A significant increase in the number of infections is expected again in autumn and winter. This makes it all the more important to prepare your immune system now to protect yourself and others.

## Stay protected together through autumn and winter? Sure thing!

Vaccination is the most effective way to protect ourselves against coronavirus. It enables the body to build up an immune defence that is specifically targeted against the virus. However, the immune system's memory fades after a while, meaning protection decreases again.

But the good news is that the booster vaccination is an easy and effective way to restore immune protection.

It is well known that certain vaccinations have to be given repeatedly, such as the flu vaccination carried out every autumn.



According to current regulations, anyone who has had two vaccinations or is able to provide proof of one vaccination and one infection is considered to have been fully vaccinated. From 1 October 2022, anyone who has had another vaccination at least three months apart or is able to provide proof of infection at least 28 days ago using a PCR test is considered to have been fully vaccinated.

# Protecting you – a benefit for society

Being fully vaccinated against coronavirus ensures you are best protected against a severe infection. Vaccination also plays a major role in society, because fewer infections and fewer severe cases prevent the healthcare system from being put under too much strain.



## Strong arguments for the booster vaccination

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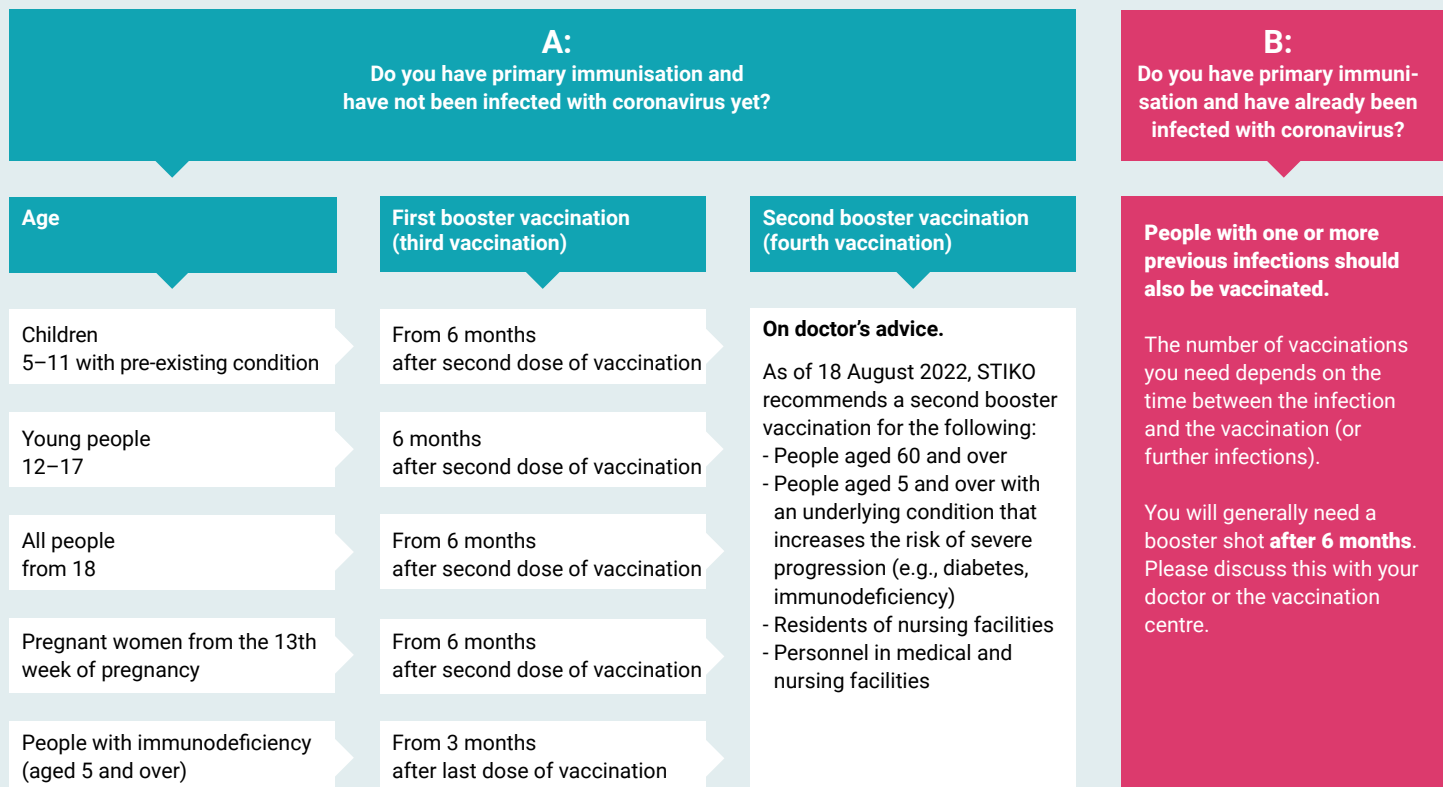
Strengthen your immune defence
- 

Protect people in risk categories
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Protect against long-term effects
- 

Relieve the burden on the healthcare system

## Am I well protected?



This diagram corresponds to the current STIKO recommendations, dated 18 August 2022.

Changes to the primary immunisation and vaccination recommendations may occur in the autumn.

You can find up-to-date information on the STIKO website.



# Despite having the booster, the following is still important:

## Everyday rules

While vaccination provides the best form of protection, it is still important to observe further measures for containing the coronavirus pandemic. This is especially true in the colder months!



### Keep your distance

Maintain a distance of 1.5 metres from other people.



### Hygiene

Cough and sneeze into the crook of your arm and wash your hands for at least 30 seconds.



### Everyday life with a mask

Wear face masks in places where many people gather.



### Ventilation

Ventilate rooms regularly – even when it is cold.

### More information about the vaccination

For detailed information on the coronavirus vaccine and services near you, please visit our website: [www.stmgp.bayern.de/coronavirus/impfen](http://www.stmgp.bayern.de/coronavirus/impfen).

You can also call the hotline of the Bavarian State Office for Health and Food Safety at **09131 6808-5101** with any other questions.



Bavarian State Ministry of Health and Care (StMGP)



Federal Ministry of Health (BMG)



Robert Koch Institute (RKI)



Permanent Vaccination Commission (STIKO)

More information about the campaign



#NaSicher  
[na-sicher.bayern](https://na-sicher.bayern)

Bayerisches Staatsministerium für  
Gesundheit und Pflege

