

Press Release

Bumrungrad supports Thai Government by offering COVID-19 vaccination service to the public, providing the highest safety standards and privacy, while advising patients on self-observation of adverse reactions and treatment.

Bumrungrad International Hospital is one of the private hospitals supporting the Royal Thai Government by administering COVID-19 vaccination to hospital patients, people over 60 years of age, and people with 7 pre-existing conditions (severe respiratory and cardiovascular disease, chronic kidney disease, stroke, cancer, diabetes, and obesity) who have registered through the Mor Prom application.

Based on the most recent information, the COVID-19 vaccine supply allocated to Bumrungrad by the Royal Thai government is fully allotted. Bumrungrad, along with other hospitals and COVID-19 vaccination centers, began administering COVID-19 vaccination on June 7th, 2021 for a duration of 54 consecutive days including weekends and holidays. The time period was designated by the Royal Thai Government to vaccinate the first group of 15,000 people. Among the people registered for COVID-19 vaccination at Bumrungrad, three are over 100 years of age.

These elderly role models encourage people aged over 60 to get vaccinated against COVID-19 to reduce the disease's death toll and severity. Further, they instill public confidence in the effectiveness of the vaccines, and trust in the teams of physicians & healthcare professionals, and in international safety standards. The people over 60 need to be closely monitored and Bumrungrad is prepared to address their anticipated needs. Our teams of medical professionals are ready to provide higher levels of specialty care, especially for the elderly and those with the 7 pre-existing conditions, while meeting the highest standards of patient safety.

Pharmacist Artirat Charukitpipat, CEO of Bumrungrad International Hospital states “Since Bumrungrad received information about the Royal Thai Government’s COVID-19 vaccine allocation scheme, Bumrungrad has been preparing to support the government to make COVID-19 vaccines widely available and accessible for all. Hence, we put together an effective vaccination system, and we are ready to provide COVID-19 vaccines to the first group of people aged over 60 and those with pre-existing conditions from June 7th, 2021 onwards.”

Bumrungrad strives to maintain international safety standards as our efficient teams of physicians and multidisciplinary healthcare professionals closely monitor and provide the best medical care to those getting vaccinated. We stay in close consultation with each patient before, during, and after COVID-19 vaccination, especially during the critical period - 30 minutes post-vaccination, in accordance with international safety standards. We closely monitor our customers and are ready to immediately treat severe adverse reactions. People getting vaccinated are advised to keep our staff informed of their whereabouts, if they need to leave the vaccination area. Moreover, after 30 mins, our nurses will check patient vital signs to ensure no serious side effects have occurred.

In case of severe adverse reactions, our teams of physicians and ER staff have emergency carts and first aid stations at the ready, which contain medical equipment and medication that meet international safety standards, and are standing-by to administer immediate care.

Furthermore, Bumrungrad implemented a one-way service system so our customers can easily follow the steps to get vaccinated while practicing social distancing and avoiding unnecessary physical or tactile interactions. Our vaccine pod accommodates one person at a time and has a divider to ensure privacy.

Bumrungrad's COVID-19 vaccination service is on the 10th floor of Building A (Clinic Building). It is open from 8 am to 4 pm. Here are steps to follow when getting a COVID-19 vaccine at Bumrungrad:

1. Go through the COVID-19 screening process as mandated by public healthcare measures.
2. Register for COVID-19 vaccination by showing your Thai ID card and the hospital appointment form or the appointment information on the Mor Prom Application.
3. Have your vital signs and blood pressure checked and sign the consent form.
4. Wait to be vaccinated.
5. Get vaccinated by a registered nurse.
6. Wait for 30 minutes to observe if you have had severe adverse reaction. Bumrungrad has treatments immediately available in case of severe adverse reaction.
7. Have your vital signs checked again before going home.
8. Have a post-vaccination consultation and make an appointment for the 2nd shot.
9. Update your information on Mor Prom and download the Bumrungrad application to get updated information.
10. You're all done, until your second shot.

Dr. Achirawin Jirakamolchaisiri, Head of the Bumrungrad COVID-19 Vaccine Information Center, Head of Pharmaceutical department, and Cardiologist at Bumrungrad International Hospital, suggests people, including those with diseases such as diabetes, coronary disease, chronic kidney disease, and stroke be vaccinated if they are not allergic to the components of the vaccine. This vulnerable group is likely to become seriously ill if get infected with COVID-19. The adverse reactions to vaccines fall into 3 categories: anaphylaxis, side effects, and vasovagal syncope. Vasovagal happens because of stress or pain, which causes the Autonomic Nervous System to temporarily stop, resulting in fainting, trembling, passing out, and losing consciousness. Therefore, the people getting vaccinated should monitor themselves and seek help immediately if they have the following symptoms:

1. **Anaphylaxis** is a severe allergic reaction which causes the immune system to attack the body. Anaphylaxis usually occurs 15-30 minutes after vaccination. The most common symptoms are hives (urticaria) and swelling. Other symptoms include panting, difficulty breathing, rapid heartrate, nausea, low blood pressure, and loss of consciousness. These symptoms occur suddenly and affect many body systems simultaneously. Anaphylaxis patients need to be hospitalized and injected with Adrenaline or Epinephrine. Usually, patients recover in 24 hours.

2. **Side effects** occur hours to 3 days after vaccination. Common symptoms include headache, muscle aches, and injection site redness. These symptoms can resolve themselves without treatment. The patients may take over the counter medication to treat these symptoms or apply an ice pack to the injection site if the pain gets worse.

3. **Vasovagal syncope** refers to fainting which usually occurs in sick people, people with sleep deprivation, malnourished people, or those experiencing stressors, like hot weather, strong sunlight, emotional stress or worry, or standing still for a long time. Common symptoms include nausea, vomiting, looking pale, sweating, low blood pressure and loss of consciousness. Vasovagal syncope symptoms can disappear if the patients get some rest and stay in a well-ventilated place. There is no need for medication or treatment.

If the first shot does not cause adverse reactions or causes only light side effects, then an appointment to get the 2nd shot can be made without restriction. However, if the first shot causes anaphylaxis, a consultation with a doctor would be required before getting the 2nd shot to find out what caused anaphylaxis and adjust or mix and match the vaccine type accordingly. Anaphylaxis is usually caused by components in the vaccine. The most common components that trigger severe reactions are Polyethylene glycon (PEG) which is a component of mRNA vaccines, like the Pfizer and Moderna vaccines, methylprednisolone, Depo-Provera, and miralax. If the people getting vaccinated are allergic to these components, they may get another

type of vaccine like Sinovac, which does not contain such. Another component which can cause adverse reactions is polysorbate, whose shape is like that of PEG's, so cross-reactivity may occur. The vaccines which contain polysorbate are Hepatitis B, influenza, pneumonia vaccines and COVID-19 vaccines from AstraZeneca, Sputnik-V, and Johnson & Johnson.

If you have a severe reaction to COVID-19 vaccination, you should immediately consult a doctor, or seek advice from the Bumrungrad COVID-19 vaccine information center or call 1378. For additional information, follow healthcare blog at <https://www.bumrungrad.com/th/centers/covid19-vaccine-Information>.

For additional information and inquiries, please contact:

Ms. Pavinee Sriprapat

Senior Manager, Public Relations

Tel: 081 710 1986

E-mail: pavinees@bumrungrad.com