



HONG KONG ASSOCIATION OF SPORTS MEDICINE & SPORTS SCIENCE

香港運動醫學及科學學會

Member of

International Federation of Sports Medicine (FIMS)

Asian Federation of Sports Medicine (AFSM)

Sports Federation and Olympic Committee of Hong Kong, China (SF&OC)

The Federation of Medical Societies of Hong Kong (FMSHK)

FAQ about Sports and COVID-19 Vaccination

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Specific FAQ for elite athletes:

1. Will COVID-19 vaccination affect my training or competition plan?

Ans: A broad range of local and systemic side effects following COVID-19 vaccination are generally mild (i.e. they do not typically impact routine activities). However, the lasting of side effects in some individuals may be up to a week after administration, which may potentially impact their training and competition. Therefore, it may also be appropriate to consider a temporary reduction in training load in the first 48–72 hours post-vaccination, particularly after the second dose.

2. Will COVID-19 vaccination lead to failing of doping test?

Ans: According to the “COVID-19: Athlete’s Q & A” issued by World Anti-Doping Agency (WADA) on 23rd February 2021, all the currently available COVID-19 vaccines are not known to contain any substance or method on the prohibited list or to interfere with the anti-doping analysis. WADA will continue to communicate with various pharmaceutical companies and the industry’s representative body such as the International Federation of Pharmaceutical Manufacturers and Association (IFPMA) in order to ascertain the exact composition of various vaccines. It is advised that the team physicians/coaches/athletes should be responsible to check the latest information provided by WADA.

3. Regarding the National Games of China, will China accept non-Chinese made vaccines like BioNTech vaccine?

Ans: It will be decided by the Organizing Committee of the National Games of China and we do not have any information yet.

4. Will COVID-19 vaccination be compulsory for athletes taking part in the Summer Olympics in Tokyo?

Ans: According to the International Olympic Committee’s Coordination Commission for the Tokyo Olympic Games, athletes are encouraged to get vaccinated against COVID-19 ahead of the event but it will not be compulsory.

5. Will there be any certificate or proof after vaccination?

Ans: This issue has been discussed worldwide but it has not yet been established by the HKSAR Government. Given that WHO’s guidance (advises against introducing requirements for proof of vaccination or immunity for international travelers and exempting vaccinated individuals from any travel risk-reduction



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measures) is agreed by the HKSAR Government, it needs continuous monitoring and amending of its requirements as indicated by newer scientific data and public health recommendations.

General FAQ for all sports enthusiasts:

1. If I have allergies, can I get COVID-19 vaccine?

Ans: You can take COVID-19 vaccine even you have allergic history unless you have allergy to ingredients of vaccine or anaphylaxis that refers to a severe and immediate allergic reaction e.g. hives, nausea, dizziness, hypotension (abnormally low blood pressure), swelling, or wheezing (respiratory distress).

2. If I took the flu vaccine recently, can I get COVID-19 vaccine?

Ans: In general, inactivated vaccines e.g. SinoVac can be administered concurrently whereas an interval of 28 days is usually recommended for administration of live vaccines. Administration of COVID-19 vaccine 14 days before or after another prophylactic vaccines would allow clearer ascertainment of potential adverse events.

3. I am having weight control program with nutritionist, can I get COVID-19 vaccine?

Ans: Weight control program is not contraindicated for the vaccination.

4. My blood pressure is slightly higher than the standard of COVID-19 vaccination, can I get the vaccine?

Ans: Experiencing occasional high blood pressure (symptom) is not the same as hypertension (disease). From the current guidelines, uncontrolled chronic diseases including hypertension should defer SinoVac vaccination. You should seek further medical advice from medical personnel if you are not sure about your condition in blood pressure.

5. Would there be increased risk of heart attack, stroke or thrombosis with COVID-19 vaccination?

Ans: There are reported incidence of such events mainly in the older population. However, there is no evidence of any direct relationship with COVID-19 vaccination. Individuals with high risk of the above events* should seek medical advice and assessment before vaccination.

6. What is the differences of protection between 1st and 2nd dose?

Ans: In patients who have not completed two doses of Comirnaty, the vaccine efficacy still needs further clinical study to confirm. According to current data with



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Comirnaty, the overall vaccine efficacy after one dose is 52% - 82% at the time interval from 1st and 2nd dose. Therefore, you are strongly encouraged to complete 2 doses of vaccine in order to have the best immunity.

7. If I take the 2nd dose of COVID-19 vaccine later, any difference in the effect of vaccine?

Ans: Currently there is limited information on the safety, immunogenicity and efficacy of receiving both vaccines outside the recommended schedule. If more than 21/28 days have elapsed, the 2nd dose should be given as soon as possible. It is no need to repeat the series.

8. Is there any data on the risk of COVID-19 vaccination?

Ans: Yes, different study data is available for the risk of COVID-19 vaccination.

9. What should I do if I suspect myself of experiencing side effects of COVID-19 vaccination ?

Ans: In general, common side effects of COVID-19 vaccines are usually mild and temporary. Some may experience more severe, but in general rare, adverse effects. After receiving vaccination, you will be required to stay in observation area for 15 to 30 minutes. To reduce pain and discomfort where you got the shot, you may apply a clean, cool, wet washcloth over the area. Gently exercise your arm. To reduce discomfort from mild fever, drink plenty of fluids.

You are recommended to seek advice from medical personnel if:

- The pain or redness at the injection site increases after 24 hours from injection;
- or
- Your side effects do not seem to be going away in a few days; or
- Your side effects or symptoms are worrying you.

If you do seek medical attention, make sure you tell the healthcare professionals about your vaccination details and show them your vaccination record card if available. They will offer advice, manage your condition and make proper assessment for reporting to the Department of Health any adverse event following immunization that is deemed medically significant.



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*Medical assessment before vaccination is recommended for the following Individuals with higher risk of heart attacks, stroke and thrombosis (more than one of the following):

- Presence of symptoms e.g. chest pain, palpitations, dizziness/fainting
- Older age group (men \geq 45, women \geq 55)
- Smokers
- History Diabetes Mellitus with HbA1c \geq 8
- History of Hypertension with systolic blood pressure \geq 140mmHg
- History elevated Low-density lipoprotein cholesterol / Triglyceride
- History of atrial fibrillation
- History of heart disease, stroke
- History arterial or venous thrombosis
- On anticoagulant / antiplatelet therapy