



Public Health
England

NHS



A guide to your COVID-19 vaccination



COVID-19 immunisation
Protect yourself.

What is Covid-19 or Coronavirus?

Covid-19 is a new illness. It is sometimes called coronavirus.



Most people will get better from Coronavirus at home but some people can get very poorly and have to go to hospital



Sadly, sometimes people can die from Coronavirus

Some signs of Coronavirus are:

A new cough and you keep on coughing



A high temperature



Your smell or taste going away or changing



If you have the symptoms above, stay at home and arrange to have a test



If you need more information on symptoms visit www.nhs.uk/conditions/coronavirus-covid-19/symptoms

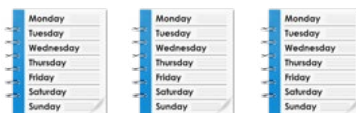
If you cannot use the NHS website, phone 119 free of charge



About the vaccine



The Coronavirus vaccine is an injection



You will need 2 injections of the vaccine, which will be up to 3 to 12 weeks apart



The vaccine has been tested to make sure it is safe

Who should have the Coronavirus vaccines?

Some people are more likely to get poorly from Coronavirus than other people



If you are one of them, you will be offered the vaccine



Some people who are more likely to get poorly:

People living in a care home for the elderly



People aged 65 years and over

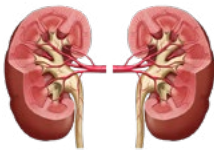


Adults with Down's syndrome



The vaccine will be also offered to adults with these health conditions:

Problems with your kidney or liver



Heart conditions



Some brain conditions



Serious breathing problems like asthma (use of steroid inhaler often)



Whether you get the vaccine will depend on what condition you have, and how serious it is

This list doesn't cover everybody

If you are more likely to get poorly, you should have been told by your doctor



If you have a condition that makes you more likely to get very unwell from coronavirus it's called being 'Clinically Extremely Vulnerable'

This means that you will be able to get the coronavirus injection earlier than other people



Health and social care staff will also be able to get the vaccine



Your main carer is able to get the vaccine



If you are a paid care worker for a vulnerable person, you will also be able to get the vaccine



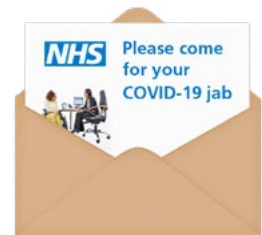
Knowing if you should get a vaccine

Your GP should be able to tell you if you should get the Coronavirus vaccine

Some people may receive a letter, or a phone call to invite them for their vaccination.



This is the NHS calling to make a Covid-19 vaccine appointment



How to book your appointment

Your invitation letter will explain who to call for your appointment

Use the telephone to make your appointment



You will get told where to go for your vaccine and when



Some people may be asked to go to a vaccination centre to have their vaccine



If you're not sure, speak to your GP (family doctor)



What do I do next?

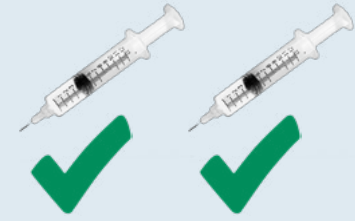
When you've had the first injection, you will get told where and when to go for your second injection



You should have a record card with your next appointment written on it for an appointment in 3 to 12 weeks time



Although the first dose will give you good protection, you need the second dose to get longer lasting protection



This is what the card will look like. Keep your card safe and make sure you go to your second appointment to get your second injection

Don't forget your
COVID-19 vaccination

NHS

Make sure you keep this record card in your purse or wallet

For more information on the COVID-19 vaccination or what to do after your vaccination, see www.nhs.uk/covidvaccine

COVID-19 immunisation
Protect yourself.



Name

1 Name of vaccine: _____

Batch no: _____

Date vaccine given: _____

Don't forget to attend your appointment to have your second dose of vaccine. You will have the best protection after two doses.

Second appointment date: _____

2 Name of vaccine: _____

Batch no: _____

Date vaccine given: _____

Public Health England gateway number: 2020311. Product code: COV2020311

Follow the current guidance www.gov.uk/coronavirus

How long will the vaccine take to work?

It can take a few weeks for the vaccine to protect you



Does the vaccine work for everyone?

The vaccine doesn't completely stop everyone getting Coronavirus, but if you do still catch Coronavirus it shouldn't make you as poorly if you've had the vaccine



Allergies

If you have serious allergies, you should check with your doctor if it is safe for you to get the vaccine



You might have a serious allergy if you carry an epipen



Pregnant or think you may be?



Some women who are pregnant or breastfeeding may have the vaccine



Some may wait until after they have had their baby



Talk to your GP or midwife about it

The vaccine is safe if you have problems with your immune system (this is when your body finds it hard to fight infections)

Side effects of the vaccine

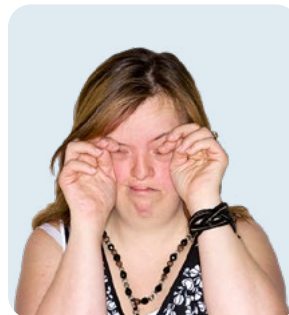
Very common side effects include:



Your arm feeling heavy or sore where you had the injection



Feeling achy or like you've got the flu



Feeling tired



Having a headache

If you feel feverish (like you're very hot or very cold) you should:

Rest



Take some paracetamol



You should feel better in less than a week



You cannot catch Coronavirus from the vaccine but it is possible to have caught Coronavirus and not realise until after your vaccination appointment

If you are feeling very poorly or you're worried you might have Coronavirus, call 111 or go on the 111 website



Make sure you tell 111 that you have just had your Coronavirus vaccine



If NHS 111 tell you to see a doctor or a nurse, make sure you tell them about your vaccination too

If you can, show them your vaccination card



If you think you have a serious side effect from the vaccine you can report them using the yellow card scheme

The Coronavirus yellow card system is a website where you can report any side effects from the vaccine coronavirus-yellowcard.mhra.gov.uk

You may need support to access this website



I have had my flu vaccine, do I need the Coronavirus vaccine as well?



Flu vaccine



COVID vaccine

It's important to have the flu vaccine and the Coronavirus vaccine

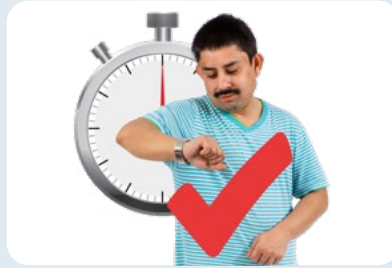


You should wait 1 week after you've had your flu vaccine (jab) before you get the Coronavirus vaccine

What should I do if I am not well when it is my next appointment?



If you are not feeling well, wait to have your vaccine when you feel better



You should try to have it as soon as possible. You can call the same number that you used to make your first appointment



You should not attend a vaccine appointment if you are self-isolating, waiting for a Coronavirus test or unsure if you are fit and well

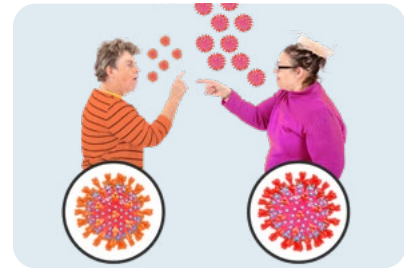
Can I give Coronavirus to anyone, after I have had the vaccine?



The vaccine can't give you Coronavirus



Having the vaccine makes you less likely to get very ill from Coronavirus



We do not yet know whether it will stop you from catching and passing on the virus

You still need to:



Stay away from other people (social distancing)



Wear a face mask



Wash your hands carefully and often

Vaccination, helping to protect those most vulnerable.