A guide to your COVID-19 vaccination

Public Health England

NHS

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
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.

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

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.

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.

Follow the current guidance www.gov.uk/coronavirus.
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.

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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

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

Yellow 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 coronarivus-yellowcard.mhra.gov.uk

You may need support to access this website
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.