



COVID-19 Vaccination

Your guide to the COVID-19 vaccination
process in Suffolk

Brought to you by

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Family Carers
Living Fuller Lives

**One
Life
Suffolk**

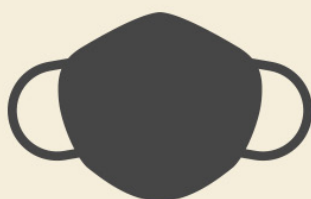


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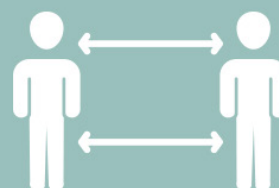
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**WASH
HANDS**



**COVER
FACE**



**MAKE
SPACE**

Why we should get vaccinated

The COVID-19 vaccine is our best defence against the virus used alongside effective social distancing, wearing a mask and washing your hands.

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a week or two for your body to build up some protection from the first dose of vaccine.

Getting vaccinated means protecting yourself and may also help to protect your family, friends and patients from the virus.

The vaccine has been developed and approved following a number of clinical trials involving thousands of people across the world. It has also undergone mandatory safety tests to ensure it is safe for humans.

It is given in two doses by your local NHS service. Appointments will be held up to 12 weeks apart, based on updated guidance from the UK's Chief Medical Officers.

Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.



The information on this page has been taken from:
Suffolk and North East Essex COVID-19 Vaccination Service (2021)
Public Health England (2021)

Information on this page effective as of: 15/02/21

The priority list

The Joint Committee on Vaccination and Immunisation (JCVI) advises that the first priorities for the COVID-19 vaccination programme should be the prevention of mortality and the maintenance of the health and social care systems. As the risk of mortality from COVID-19 increases with age, prioritisation is primarily based on age.

The latest information from Carers UK is that the JCVI recommends that carers who are in receipt of Carer's Allowance or are the main carer of an elderly or disabled person whose welfare may be at risk if the carer contracted COVID be included in Priority Group 6. This is similar to the way carers receive their Flu Jab's.

The key priority groups are as follows:

1. Residents in a care home for older adults and their carers.
2. All those 80 years of age and over and frontline health and social care workers.
3. All those 75 years of age and over.
4. All those 70 years of age and over and clinically extremely vulnerable individuals.
5. All those 65 years of age and over.
6. All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality, and unpaid carers.
7. All those 60 years of age and over.
8. All those 55 years of age and over.

If you fall into this category you will be contacted automatically by the NHS. We recommend that if your GP or Health Care professional is not aware of your caring role, you should contact your GP via their surgery website or register with Suffolk Family Carers.

The information on this page has been taken from:

Department of Health & Social Care (2021)

Suffolk Family Carers (2021)

Carers UK (2021)

Public Health England (2021)

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How am I called for my appointment?

Most people will receive a letter, either from their GP or the NHS. This letter will include all the information people will need to book appointments, including their NHS number. Residents are asked not to contact the NHS to get an appointment until they have received this communication.

Your appointment could be at one of a variety of sites such as a GP surgery, Primary Care Network vaccination centre or a larger vaccination site.

There are a variety of local community transport providers who can help you to get to your appointment if no one else is available to support you.

From the 8th February, the NHS are allowing specific age groups to book a vaccination rather than waiting for a letter.

For up to date details of who is eligible to book, and to book your appointment, please visit the NHS website:
www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/

Anyone unable to book online can call 119 free of charge, anytime between 7am and 11pm, seven days a week, for more information.

The information on this page has been taken from:
Suffolk and North East Essex COVID-19 Vaccination Service (2021)
NHS (2021)

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Attending your appointment

Do

- ✓ Do if possible, bring your invitation letter or other documentation that includes your NHS number in order to update your record. (Please note, some GP practices may not send a letter.)
- ✓ Do attend your appointment alone unless you require a carer for medical reasons.
- ✓ Do tell staff if you have extra support needs or cultural requirements during your appointment.
- ✓ Do wear a face covering when attending your appointment.
- ✓ Do wear loose clothing as the vaccination is given in your upper arm.
- ✓ Do bring a drink with you if you wish, as no refreshments will be provided.

Don't

- ✗ Don't attend your appointment if you have any of the symptoms of COVID-19.
- ✗ Don't bring any children, other family members or friends into the venue as they will not be offered the vaccine or be able to wait in the centre. Please note, this does not apply to carers of people who need extra help.
- ✗ Don't arrive more than 10 minutes before your appointment, to avoid queues building.
- ✗ Don't bring any children, other family members or friends

*The information on this page has been taken from:
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Side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. Although you should get good protection from the first dose, having the second dose should give you longer lasting protection against the virus.

Very common side effects include:

- having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine;
- feeling tired;
- headache;
- general aches, or mild flu like symptoms.

Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better.

What happens if I have my 1st jab but not my 2nd?

The Medicines and Healthcare products Regulatory Agency said these vaccines are highly effective, but to get full protection people need to come back for the second dose – this is really important.

Both vaccines have been authorised on the basis of two doses because the evidence from the clinical trials shows that this gives the maximum level of protection.

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Public Health England (2021)

Suffolk and North East Essex COVID-19 Vaccination Service (2021)

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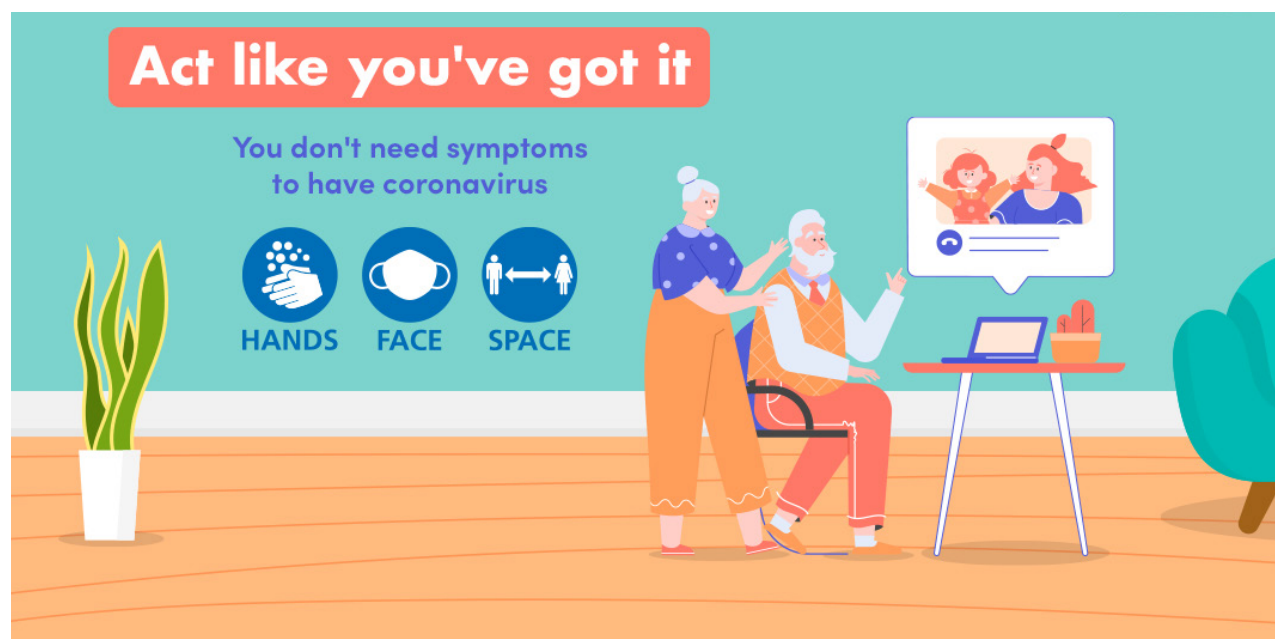
The evidence doesn't show any risk to not having the second dose other than not being as protected as you otherwise would be. We would urge everyone to show up for both of their appointments for their own protection as well as to ensure we don't waste vaccines or the time of NHS staff.

If I've had a vaccine can I still spread the virus?

The vaccine cannot give you COVID-19 infection, and 2 doses will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus. So, it is important to follow the guidance in your local area to protect those around you.

To protect yourself and your family, friends and colleagues you still need to:

- practice social distancing;
- wear a face mask;
- wash your hands carefully and frequently;
- follow the current guidance.



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Public Health England (2021)

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Myth busting

Does it change your DNA?

No, it definitely doesn't. The content of the Covid vaccines does not go anywhere near our own genetic material and has no ability to change it or us.

There are lots of rumours about it containing human or animal products

No, it doesn't contain either human or animal products (so no porcine content either).

Will I be forced to have the vaccination?

No, you won't, it is by choice. If you decide against it you would need to be aware that you are at greater risk of the virus and of passing it on.

I've heard you can catch flu from the flu jab – can you get Covid from this vaccination?

Taking flu first: the flu vaccination used in our country does not contain live virus, so it does not – and cannot – give anyone flu. If people do feel a bit under the weather after a flu jab it is because their own immune system is kicking in after the vaccination. Sometimes, if people catch a cold at the same time as their vaccination they think it is due to the vaccine, but it isn't – it's just a coincidence. The Covid vaccination does not contain the actual virus, so it's physically impossible to catch the disease from it.

I've heard that the vaccine trials did not include people from ethnic minority backgrounds – is that true?

No, trials did include people from ethnic minority backgrounds. The vaccine producers did make a call for more volunteers recently so that the study matched vulnerable groups – just like they did with the over 65s too.






*The information on this page has been taken from:
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Be aware of scams

The COVID-19 vaccine will always be available free of charge. The NHS will never ask you to share bank details, to confirm your identity or pay for a vaccine.

Some of the most common scams to be aware of are:

-  Sale of fake COVID-19 swabbing tests, supplements and antiviral kits.
-  A text message asking you to pay a fine as it says you have been recorded as leaving your home on 3 occasions during the lockdown.
-  A phone call stating “Government guidelines now require everyone to wear a mask outside the house, press 1 to purchase your mask.”
-  Cleaning services that offer to clean drives and doorways to kill bacteria or offering to “decontaminate” the inside of your home.
-  Criminals offering to do your shopping. They take the money and do not return.



The information on this page has been taken from:
Suffolk and North East Essex COVID-19 Vaccination Service (2021)
Hampshire Constabulary (n.d)

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Lockdown rules

Rules are ever changing, to keep up-to date with the rules in your area check regular local and national media where the government will be providing current and up to date information.

Key messages

- Having a vaccine is one the best ways to protect yourself from COVID-19.
- You will be contacted by the NHS with an appointment for your vaccination, please do not contact your GP yourself. We need phonelines to still be accessible for other services.
- It is not yet known if having a jab will stop you being able to spread the virus therefore please abide by your local council measures even if you are vaccinated.
- Please attend your 2nd vaccination appointment, this will improve the efficiency of the vaccine.
- Please remember that the priority list has been put in place so that those in serious risk of illness will be protected first.

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Contacts

- **Booking a COVID-19 test – call 119**
- **Home, But Not Alone – access to support with shopping, medication and community volunteers - 0800 876 6926**
- **NHS Volunteer Responders – support with shopping, medication, transport to medical appointments and friendly check in calls - 0808 193 3646**
- **Suffolk Family Carers - for support with caring needs - 01473 835477**