

COVID-19 VACCINE FACTSHEET

GETTING VACCINATED HELPS
REDUCE THE SPREAD OF
COVID-19 AND THE RISK OF
GETTING SERIOUSLY ILL.



PROTECT YOURSELF AND
YOUR
FAMILY
THIS WINTER



Here are some frequently asked questions relating to the vaccine....

Why do the NHS recommend the COVID-19 vaccination?

The COVID-19 vaccines are safe and effective. Getting vaccinated gives you the best protection against COVID-19, it decreases the risk of you getting seriously ill and it helps stop the spread of the virus.

Who can get vaccinated?

Everyone aged 12 or over.

How to get vaccinated?

Please check www.myhealthsex.co.uk for more information.

What are the side effects?

Mild side effects may include:

- a sore arm where the needle went in
- feeling tired
- a headache
- feeling achy

You can take painkillers, such as paracetamol, if you need to.

Will the vaccine give me COVID-19?

No, the vaccine does not contain a live virus so cannot give you COVID-19.

Which vaccine will I be given?

You will be given the vaccine that's available at the clinic you attend. Most people will receive the Pfizer or Moderna vaccine.

Will there be any restrictions on travelling if I am not vaccinated?

For the latest information on travelling in the UK and abroad, please check www.gov.uk.

Can I get a vaccine if I'm not registered with a GP practice?

Yes. There are walk-in vaccine sites throughout west Essex. No appointment or ID required.

If I've had COVID-19, do I need to have the vaccine?

Yes, you still need the vaccine to get proper protection. You can have the vaccine 28 days after a positive COVID-19 test or 28 days after your symptoms started.

How does the vaccine work?

It trains your immune system to recognise COVID-19 and defend against it.

Is the NHS confident the vaccine is safe?

Yes, independent medicines experts have said that the vaccines in use in the UK are safe and very effective.

Does the COVID-19 vaccine affect fertility?

No, there is no evidence that the vaccine affects fertility.

Many women have become pregnant after having the vaccine.

(Answers are continued over the page)

Can I have the vaccine if I'm pregnant?

Yes. Having the vaccine is the safest way to protect you and your unborn baby. We are currently offering all pregnant women the Pfizer or Moderna vaccine. The vaccines cannot give you or your baby COVID-19. More details at www.myhealthsex.co.uk/covid-pregnancy.

Is it okay to have the COVID-19 and flu jab at the same time?

Yes, the latest medical advice, confirms that it's safe to receive both flu and COVID-19 vaccines at the same time.

How effective are the vaccines?

The vaccine makes it much less likely that you will get ill from COVID-19. To be sure the vaccine continues to work, it's important to stay up-to-date with boosters.

How long do they take to work?

It takes about 3 weeks after your first vaccination for it to start to protect you.

Do I need 2 doses?

A second dose is recommended for most people, as it gives you longer lasting protection.

You must leave 8 weeks between your first and second doses.

From 22 November 2021 onwards, people aged 16 or over, as well as some young people aged under 16 who are at a high risk from COVID-19, are strongly recommended to get a second dose.

You may also need a booster if you're eligible.

What about the vaccine's ingredients?

The vaccine does not contain any animal products, egg, or foetal cells.

If I've had the vaccine, can I still infect other people?

Having the vaccine reduces your risk of passing on the virus it is important to carry on washing your

hands, wearing a face covering in crowded places and testing regularly.

Will I need a booster jab?

Booster jabs are only for eligible people who are 'double jabbed' and who had their second jab at least six months (182 days) ago.

From 22 November 2021 onwards, eligible people are those aged 40 or over, as well as those over 16 with underlying health conditions and frontline health and social care workers.

Visit: www.myhealthsex.co.uk/boosters for more information.

Can my booster be a different type of vaccine to my 1st and 2nd dose?

The latest medical evidence confirms that it's safe to have different vaccines. You are likely to be offered either the Pfizer or Moderna vaccine for your booster, even if you had AstraZeneca for your first two doses.

Scientific studies into different combinations of COVID-19 vaccines show people have a good immune response with these types of boosters, no matter which vaccine they have had before.

People who have a different vaccine as their booster dose generally have more antibodies, which can offer even stronger protection against COVID-19.

**Some people may be offered the Oxford/ AstraZeneca booster if there is a medical reason why they cannot have the Pfizer/BioNTech or Moderna vaccine.

Can I get vaccinated without an appointment?

Yes, you can attend a walk-in vaccine site.

For current locations and times go to myhealthsex.co.uk

This information was provided by the NHS West Essex Commissioning Group and was correct at the time of publication.

**FIND YOUR NEAREST
WALK-IN VACCINE CENTRE:**

WANT TO KNOW MORE?

Visit www.myhealthsex.co.uk or call 119 for free

**COVID-19
VACCINES**
NOW AVAILABLE NEAR YOU