Covid-19 Vaccine Programme
Myth busting – Version 2 – 05.01.2021

How will I know when I can get the Covid-19 vaccine? Do I need to speak to my GP now?

The COVID-19 vaccination programme is the largest in the history of the NHS. More and more locations for receiving the vaccine are becoming available all the time, and the pace at which the vaccinations are being offered is increasing. Those who are most at risk from COVID-19 are being prioritised first:

- members of the public who are over 80 years-old
- care home workers
- a small number for at risk frontline NHS staff

We are still working through this group of patients and staff. When it is someone's turn to receive the vaccine they will be notified. In the meantime, please be patient - do not contact your GP or your local NHS with eligibility queries.

GPs are working closely together with neighbouring practices in local groups called Primary Care Networks (PCNs). Each PCN will have a chosen vaccination site, where patients registered with all the practices in that group can attend. There will be a good geographical spread of places to get vaccinated across Norfolk and Waveney. The local NHS is also looking for additional large and small community sites over the coming weeks and months.

Will the vaccine give me Covid-19?

The vaccine cannot give you Covid-19. Having the two doses will reduce your chance of becoming seriously ill in the future.

NHS

You **cannot** catch coronavirus from the COVID-19 vaccine

COVID-19 Vaccine

Can I get my Covid-19 vaccine around the same time or on the same day as I have my flu vaccine?

Based on current information about the first Covid-19 vaccines that are being used, they should ideally be spaced out and separated by an interval of at least 7 days from the flu vaccine, in case you experience any side effects.

I live with a long-term condition – will I get the vaccine?

If you live with a condition or illness that is listed as being most at risk then you will get the vaccine. You can see the list of 'under lying conditions' on the [government website](#).

People who are 'clinically extremely vulnerable' and who have been told by the NHS to shield during the Coronavirus pandemic will also get the vaccine.

Wait to be contacted, and make sure you are registered with a GP.

Can I have the vaccine if I have allergies?

You should not have the vaccine if you've ever had a serious allergic reaction to medicines, vaccines or food.

Tell staff before you are given the Covid-19 vaccine if you have ever had a serious allergic reaction (also known as anaphylaxis).

If you do have a reaction to the vaccine, it usually happens in minutes. Staff giving the vaccine are trained to deal with allergic reactions and treat them immediately

I can't take some medicines because of my beliefs or dietary requirements. What are the ingredients of the vaccine?

The Covid-19 vaccine does not contain any animal products or egg.

How can the Covid-19 vaccine be considered safe without the long-term side effects being known?

Any coronavirus vaccine that is approved must go through all the clinical trials and safety checks all other licensed medicines go through.

The Covid-19 vaccine made by Pfizer/ BioNTech has been declared safe and effective by the UK's independent Medicines and Healthcare products Regulatory Agency (MHRA).

From Monday 4 January, the first Oxford AstraZeneca Covid-19 vaccinations will be delivered at a small number of hospitals where its effects will observed. Supplies of the vaccine will be distributed and given to patients from GP-led services soon afterwards.

The COVID-19 vaccine has been through three phases of clinical trials to ensure it meets the highest standard of safety and effectiveness.

What are the side effects when you have had the vaccine?

When you have had the Covid-19 vaccination, you may have some <u>mild</u> side effects. These can 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. If your symptoms get worse or you are worried, call 111.

So far, thousands of people have been given a Covid-19 vaccine and no <u>serious</u> side effects or complications have been reported.
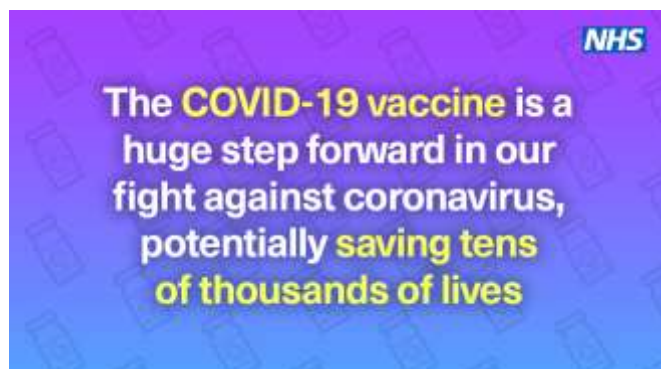
If I've had Covid-19, do I need to have the vaccine?

We don't know if having Covid-19 protects you from catching it again so we encourage everyone to get the vaccine when they are invited to do so.

If you have symptoms that could be coronavirus you should get a test and not get your vaccine until your period of self-isolation has ended.

If I've had the Covid-19 vaccine, can I still infect other people?

The Covid-19 vaccine should protect you from becoming sick, but it won't stop you from infecting other people. So, it is really important that you continue to remember hands, face, space. Wash your hands, cover your face and keep your distance from people. During the winter when people tend to spend more time indoors, it is a good idea to have a flow of air, for example by opening windows sometimes.

Will I be given a choice about receiving the vaccine? Can I choose which variant of the vaccine I receive?

You can choose not to have the vaccine, however the NHS is encouraging everyone who can to have it. The more people who have the vaccine, the harder it will be for the virus to spread.   It will not be possible to give a choice between different vaccines as stocks are limited, so it will be necessary to use what is available at the time.

Why do I need both doses of the Covid-19 vaccine?

The Covid-19 vaccine is given as 2 doses, and it is important to have both. Your body builds up better protection to Covid-19 symptoms when the vaccine is given in two, smaller doses, with time in between.

New advice from the UK Chief Medical Officers is that the second dose of the vaccine remains effective when given up to 12 weeks after the first dose, and should be given towards the end of this 12 week period. This will help ensure that as many people as possible benefit from the first dose of the vaccine as soon as possible. There are no safety concerns where people have already had their second dose earlier than 12 weeks after their first dose.