

# Your guide to the COVID-19 vaccine

The best way to protect yourself against coronavirus is to get the vaccine. Having the vaccine will reduce your risk of catching COVID-19. Even if you do catch it, it should be less severe.



## Who should get the vaccine?

We are giving the vaccine to the people most at-risk first. This diagram shows the order of people we are giving the vaccine to. As we get more of the vaccine, we will be giving it to more people. If you have a history of a severe allergy to the vaccine ingredients, you should talk to your GP.

Priority	Age	Risk group
1	80 years	Residents in a care home for older adults and staff working in care homes for older adults
2		All those 80 years of age and over and frontline health and social care workers
3	75 years	All those 75 years of age and over
4	70 years	All those 70 years of age and over and clinically extremely vulnerable individuals (not including pregnant women and those under 16 years of age)
5	65 years	All those 65 years of age and over
6		Adults aged 16 to 65 years in an at-risk group*
7	60 years	All those 60 years of age and over
8	55 years	All those 55 years of age and over
9		All those 50 years of age and over
10	50 years	Rest of the population (to be determined)

Adult carers who receive an allowance can book a vaccine appointment online or by calling 119. Informal carers will be contacted by their GP if they are on the practices 'carer register'. If you care for someone, please make sure your GP practice knows.

\*Blood cancer (such as leukaemia, lymphoma or myeloma). Diabetes. Dementia. A heart problem. A chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma. A kidney disease. A liver disease. Lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy). Rheumatoid arthritis, lupus or psoriasis. Have had an organ transplant. Had a stroke or a transient ischaemic attack (TIA). A neurological or muscle-wasting condition. A severe or profound learning disability. A problem with your spleen (such as sickle cell disease) or you have had your spleen removed. Are seriously overweight (BMI of 40 and above). Are severely mentally ill.



## When will I get the vaccine?

The NHS will contact you when it is your turn. They will send you a letter, a text message or they will phone you. Book your appointment as soon as you can once you have been invited.

**Please do not contact the NHS about your vaccine, unless you are over 70 and yet to receive your first vaccination, or have been told to get in touch to book your vaccine. This helps the NHS treat the most vulnerable people as quickly as possible at this busy time.**

## Where will I get the vaccine?

You might not get the vaccine at your local GP practice – it could be at a bigger venue. We suggest you accept the appointment offered, but if you are worried about how to get there, please let us know when you make the appointment.

## Is the vaccine safe?

The vaccine is safe. It has been tested and approved by independent healthcare regulators. It is the best way to reduce the spread of the virus. You cannot catch COVID-19 from the vaccine.

## What will happen when I get my vaccine?

To keep people safe:

- do not arrive too early
- you may have to queue outside at some venues, so wear warm clothes
- wash your hands, wear a face mask and keep 2 metres away from others
- follow any instructions staff give you
- bring your invite and NHS number.

**Please do not turn up unless you have an appointment - you will be turned away without a vaccine.**

## What will happen after I have my vaccine?

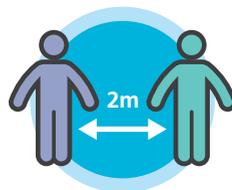
Even if you have had the vaccine, you still need to follow the guidance to protect your loved ones and your community. It will take a few weeks to be fully effective, and although it should reduce the risk of you getting seriously ill with coronavirus, it may not stop you from passing it on to others.



**Wash your hands often**



**Wear a face mask**



**Keep 2m apart**

### Are there side-effects to the vaccine?

Like many vaccines, there is a chance of minor side-effects like feeling slightly unwell. You'll be told what to look out for and what to do.

COVID-19 is serious. Having the vaccine is the best chance to avoid becoming unwell and to help us get back to normal.

### Do I need the COVID-19 vaccine if I have had my flu vaccine?

The flu vaccine does not protect you from COVID-19. You should have both vaccines if you are offered them, but at least a week apart if possible.

**You will need a second dose of the vaccine to get the best protection.**

Find out more about the vaccine online [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)