

14 January 2022

Re: Importance of second dose and booster: Fully vaccinated = maximum protection

Dear patient,

Happy new year from your local NHS. We could be wrong, but it looks like you have **not yet had your second covid vaccine and / or a booster jab**. Please ignore this letter if we have sent in error.

A second vaccine - and then a booster after 12 weeks - is really important for longer-lasting protection against coronavirus. Each vaccine **builds resilience against infection and helps your immune system learn how to fight coronavirus** in the future.

Being fully vaccinated protects you and your loved ones, but also supports the **community response to covid**. The more people who are fully vaccinated, the less covid can circulate and impact on our schools, local businesses and the health and care services that people need. Lots of our staff are currently unable to work due to high infection rates; the more staff we have isolating at home, the more services become stretched and waiting lists grow. Show your support by getting your vaccines.

Getting a second vaccine or booster has never been easier – see the list of local walk in clinics for next week (no appointment needed) on the reverse of this letter or search online at **apps.norfolk.gov.uk/WalkIn** or **book by calling 119 or searching ‘NHS covid vaccine’ online. Alternatively please contact your GP practice to see if they can offer you an appointment.**

We know that some people will be waiting 28 days after having covid to get their job - please book or come to a walk-in service as soon as possible afterwards if this applies to you.

Finally, if this letter has been sent by mistake to someone at this address who has moved house or recently passed away then we are sorry. We update our patient records regularly but sometimes a small number of errors slip through. Please notify your GP practice if you think the information we have for you, or this address, is incorrect.

Yours sincerely,

Dr Anoop Dhesi, GP and Clinical Chair at NHS Norfolk and Waveney CCG

 <p>Any side effects after vaccination are usually very mild - lasting only a day or two and are treatable with paracetamol.</p>	 <p>80-90% of those seriously ill in hospital with COVID-19 are not fully vaccinated.</p>
<p>Vaccination protects against Long Covid which can leave people with breathing difficulties, fatigue or poor health for many months after infection.</p> 	<p>If you are aged 40+ and overweight or have other existing health problems, your risk of needing intensive care treatment for COVID-19 is significantly higher.</p> 
<p>Get your vaccine as soon as possible to protect yourself and your loved ones.</p>	