

Covid-19 Vaccine Programme

Myth busting – Version 1 - 21.12.2020

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

People most at risk from the complications of Covid-19 are being offered the vaccine first.

At this time, the vaccine is being offered in some hospitals and GP Practices to:

- some people aged 80+
- people who work in care homes
- health care workers at high risk of getting Covid-19

The vaccine will become available to more and more people over the next few months. When it is your turn to have the vaccine, the NHS will let you know by a phone call, text message or letter.

It's important not to contact your GP or any other NHS service for a vaccination before then. Make sure you are registered with a GP Surgery.

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 'underlying 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.

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.

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).



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.

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

When you have had the Covid-19 vaccination, you may have some mild 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 serious side effects or complications have been reported.

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.

Will I be given a choice about receiving the vaccine?

Yes, however the NHS is encouraging everyone who can have the Covid-19 vaccine to have it. The more people who have the vaccine, the harder it will be for the virus to spread.

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.

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

The Covid-19 vaccine is given as 2 doses, at least 21 days apart. Your body builds up a better immunity to Covid-19 when the vaccine is given in two, smaller doses, with time in between.

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.

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.