



**NHS**

# Thank you!

## Having your vaccination is the best way to protect yourself and others from COVID-19.

The UK vaccination programme is reducing the number of people in hospital and the number of people dying from the virus. But we need to remain careful to avoid infection rates going up again - or we could be in back in lockdown.

We need a very high percentage of people to have both doses of the vaccine in order to have the best level of protection across our whole society and help us get back to a more normal life.

**The vaccines being given by the NHS have been through extensive, international testing. Scientific evidence has shown the vaccines are safe and very effective.**

One dose will not give you the full protection offered by the vaccine. You need two doses to get the maximum protection possible and reduce your chances of getting the virus or severe illness from COVID-19. Protection also lasts for much longer with both doses of vaccine.

After having the vaccine, you can still get the virus and pass it to others. It is important that even after vaccination, you continue to distance, wear a face covering and wash your hands regularly.

**Some people do not like the idea of side effects, but these are usually very mild and last only a day or two at the most.**

As well as a sore upper arm, you may get a headache and feel tired or a bit unwell. If you have any side-effects that last more than two days and you feel worried, please contact your local doctor or telephone 111.

Minor side effects might be annoying but are much better than the alternative. Having COVID feels much worse. It could also put your life in danger or leave you with long-term health consequences.

**The risk of serious side effects is incredibly rare. The benefits of having the vaccine significantly outweigh the risk.**

NHS staff are working very hard to get everyone vaccinated as quickly as possible. Having the vaccine helps protect the NHS too – fewer people being treated in hospital for COVID-19 means the NHS can treat and care for people with other health conditions and reduce waiting lists for patients.

**Thank you for reading this information, you can find more on these websites:**



- [www.nhs.uk](http://www.nhs.uk)
- [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)
- [www.norfolkandwaveneyccg.nhs.uk](http://www.norfolkandwaveneyccg.nhs.uk)  
for information on local vaccination clinics

**Get a vaccination appointment:**

NHS National Booking Service [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination)  
or **telephone 119** (free).