

AFTER YOUR COVID-19 VACCINATION

**BY GETTING THE COVID-19 VACCINATION
YOU ARE HELPING TO PROTECT YOURSELF
AND OTHERS.**

We have prepared this document to help inform you about how you might feel once you have had the vaccination and how you can expect to feel in the next few days, as well as where to get more information.

29 MARCH 2021

At the vaccination appointment:



**YOU WILL BE GIVEN AN INFORMATION LEAFLET,
PLEASE MAKE SURE YOU READ THE COVID-19
VACCINE INFORMATION LEAFLET.**



**YOU WILL BE GIVEN A RECORD OF YOUR VACCINATION.
PLEASE KEEP THE RECORD CARD SAFE.**

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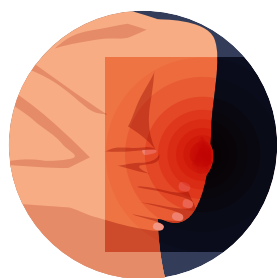
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What might happen in the next few days?

Some people who receive the vaccine will experience:



tenderness, swelling, bruising, pain, redness and/or itching in the arm where they had the vaccine injection



feel tired



get a headache



have muscle pain



have joint pain



have nausea, diarrhoea or vomiting



get a fever (temperature of 38 degrees Celsius or above).

In particular with the AstraZeneca COVID-19 vaccine, there have been very rare cases of unusual blood clots with low platelets in the blood in the first few weeks after vaccination. Platelets help the blood to clot. You should seek prompt medical assistance and mention your recent vaccination if you:

- are breathless
- have pain in the chest or stomach
- have swelling or coldness in an arm or leg
- get a severe or worsening headache (particularly 3 or more days after the vaccine)
- have blurred vision
- have persistent bleeding under the skin where there was no previous injury
- have many small bruises, reddish or purplish spots, or blood blisters under the skin

As with all vaccines, you are encouraged to report suspected side effects to the Medicines Health products Regulatory Authority (MHRA). To report side effects to a COVID-19 vaccine, please visit:

<https://coronavirus-yellowcard.mhra.gov.uk/>

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What if I have a fever or have aches and pains?

If you have a fever or you have flu-like aches and pains, you can take paracetamol or ibuprofen to help. However, if your fever lasts more than 48 hours or if you are still concerned, please seek medical advice.

Do not take ibuprofen if you are pregnant.

Do I need to do anything before I get the second dose of the vaccine?

When you have your next and final dose of the vaccine, do tell the vaccination team if there have been any changes in your medical history.

It is important that you bring your vaccination record card with you when going to get your second dose.

Why have the vaccination?

Getting a COVID-19 vaccine should protect you from the serious complications of COVID-19. Vaccines teach your immune system to protect you from diseases. It is much safer for your immune system to learn this through vaccination than by getting COVID-19.

It is important to remember that it takes three weeks, after getting the first dose, for the vaccine to work, so you will have the best protection from COVID-19 after the second dose, which you should get around 10-12 weeks after your first dose.

Things you will still need to do:

Despite having a COVID-19 vaccination it is not yet certain if having the vaccine stops you spreading the virus to others, so you must continue to follow public health advice:

- follow social distancing guidelines (keep two metres apart from others where possible)
- wear a face covering
- wash your hands regularly

Have a question?

On the day, if you are unsure about anything or have any questions about the COVID-19 vaccine please ask the healthcare professional who will be giving you your vaccination.

There is further information on the COVID-19 vaccine here:

<https://www.gov.uk/government/publications/covid-19-vaccination-easy-read-resources/information-on-covid-19-vaccination-easy-read-guide>

Side effects

Please report any side effects to the MHRA:

<https://coronavirus-yellowcard.mhra.gov.uk/>

