



A guide to phase 2 of the programme

COVID-19 vaccination

What is COVID-19 or Coronavirus?

COVID-19 is caused by a new coronavirus, known as SARS-Cov-2. It was first identified in late 2019. It is very infectious and can lead to severe respiratory disease.

Many people who are infected may not have any symptoms or only have mild symptoms. These commonly start with cough, fever, headache and loss of taste or smell.

Some people will feel very tired, have aching muscles, sore throat, diarrhoea and vomiting, fever and confusion.

A small number of people then go on to have severe disease which may require hospitalisation or admission to intensive care.

Overall fewer than 1 in 100 people who are infected will die from COVID-19, but in those over 75 years of age this rises to 1 in 10.

There is not yet a cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.

About the types of vaccine

In the UK several different types of COVID-19 vaccines will be used during 2021. The vaccines will only be approved on the basis of large studies of safety and effectiveness.

Over 30 million people in the UK have been vaccinated against COVID-19 and the vaccine has already prevented many cases and more than 6 thousand deaths from COVID-19.

Recently there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with AstraZeneca (AZ). This is being carefully reviewed but the risk factors for this condition are not yet clear. Because of the high risk of complications and death from COVID-19, the MHRA, the World Health Organisation and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.

Currently, the JCVI has advised it is preferable for healthy people under 40 to have a vaccine other than AstraZeneca (AZ).

Am I at risk from COVID-19 infection?

COVID-19 can affect anyone. If you are an older adult and have a long-term health condition, you should have already been offered the vaccine.

Who is eligible for vaccination in phase 2?

The vaccine is now being offered to people at lower risk from the complications of COVID-19. You are still at risk of catching the infection and passing it on to others. For most younger people COVID-19 is usually a milder illness that rarely leads to complications. For a few people the symptoms may last for longer than the usual two to three weeks. The vaccination will help to protect you against COVID-19 and Long COVID. In the second phase of the programme the vaccine will be offered to those under 50 years old in the following order:

- 40 - 49 years
- 30 - 39 years
- 18 years and over.

The risk remains higher in older ages. For example the risk of dying from COVID-19 in someone aged 40 - 49 is at least 3 times higher than someone in the 30 to 39 year age group and at least 12 times higher than someone in the 20 to 29 year age group.

As the programme progresses, the JCVI advise on the appropriate vaccine for each age group. The vaccine offered may depend on your age. Currently the JCVI has advised it is preferable for healthy people (those without a risk category) under 40 to have a vaccine other than AstraZeneca (AZ) where possible. The time when it will be offered will be based on the availability of those vaccines. Anybody who was previously eligible for vaccination remains so and should come forward to start or complete their recommended course.

All women of childbearing age, those currently pregnant or breastfeeding

The JCVI has advised that pregnant women should be offered routine COVID-19 vaccines at the same time as people of the same age or risk group. In the USA, around 90,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines and no safety concerns have been identified.

As such, Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.

Although the overall risk from COVID-19 disease in pregnant women and their new babies is low, in later pregnancy some women may become seriously unwell and need hospital treatment.

Pregnant women with COVID-19 have a higher risk of intensive care admission than women of the same age who are not pregnant. Women with COVID-19 disease are also 2-3 times more likely to have their babies early than women without COVID-19.

For further information on pregnancy and vaccination, visit: gov.uk/vaccine.

Who can't have the vaccine?

The vaccines do not contain organisms that grow in the body, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine. A very small number of people who are at risk of COVID-19 cannot have the vaccine – this includes some people who have severe allergies.

Who should wait to have the vaccine?

If you are currently unwell, self-isolating, or waiting for a COVID-19 test you should delay vaccination until later.

Will the vaccine protect me?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few weeks for your body to build up protection from the vaccine.

The vaccine has been shown to be safe and effective. Each of the vaccines have been tested in more than 20,000 people and there were no safety concerns.

Like all medicines, no vaccine is completely effective. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.

Can I catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.

Following a review into the early stages of a COVID-19 infection, it is now recommended for any individual who newly develops any one of the following eight symptoms for no obvious or existing reasons, to immediately isolate along with their household and arrange a PCR test:

- fever
- cough
- loss of smell/taste
- fatigue
- headache
- sore throat
- diarrhoea
- muscle ache

For more information on COVID-19 symptoms, visit: [gov.uk/symptoms](https://www.gov.uk/government/organisations/nhs.uk/pages/covid-19-symptoms)

Will the vaccine have side effects?

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. Although you may get some protection from the first dose, having the second dose will give you the best protection against the virus.

Very common side effects include:

- having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine
- feeling tired
- headache
- general aches, or mild flu like symptoms

Although feeling feverish is not uncommon for two to three days, a high temperature is unusual and may indicate you have COVID-19 or another infection.

You can take the normal dose of paracetamol (follow the advice in the packaging) and rest to help you feel better. Do not exceed the normal dose.

Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call your GP or healthcare professional.

If you have any of the above symptoms after your first vaccination, you should speak to your doctor or specialist before having the second dose.

If you experience any of the following from around 4 days to four weeks after vaccination you should seek medical advice urgently.

- a new, severe headache which is not helped by usual painkillers or is getting worse
- an unusual headache which seems worse when lying down or bending over or may be accompanied by
 - blurred vision, nausea and vomiting
 - difficulty with your speech,
 - weakness, drowsiness or seizures
- new, unexplained pinprick bruising or bleeding away from the injection site
- shortness of breath, chest pain, leg swelling or persistent abdominal pain

For more information on symptoms visit [gov.uk/vaccine](https://www.gov.uk/government/organisations/nhs.uk/pages/covid-19-symptoms)

If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card if possible) so that they can assess you properly.

You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme. Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card or visit: [coronavirus-yellowcard.mhra.gov.uk/](https://www.coronavirus-yellowcard.mhra.gov.uk/) The Yellow Card scheme is the UK system for collecting information on suspected adverse drug reactions to medicines.

If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.

What can I do after I have had the COVID-19 vaccine?

The vaccine cannot give you COVID-19 infection, and two doses will reduce your chance of becoming seriously ill. We do not yet know how much it will reduce the chance of you catching and passing on the virus. So, it is important to continue to protect those around you.

Remember to protect yourself and your family, friends and colleagues you MUST still follow any national or local restrictions and:

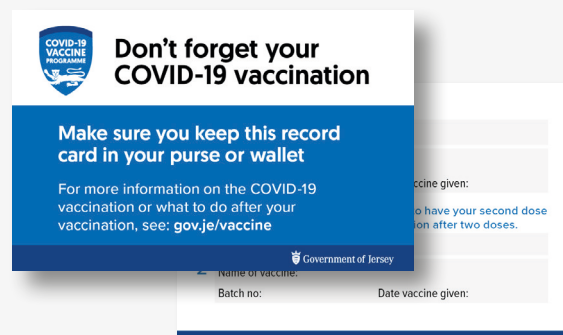
- practise physical distancing
- wear a face mask
- wash your hands regularly
- open windows to let fresh air in
- follow the current guidance at gov.je/coronavirus

What do I do next?

After you have had the first dose you must plan to attend your second appointment in 4-12 weeks' time. You will receive an SMS or email confirmation of when your second dose is due, two weeks before your second appointment.

It is important to have both doses of the vaccine to give you the best protection.

Keep your card safe with details of your vaccination.



What should I do if I am not well for my next appointment?

If you are unwell, it is better to wait until you have recovered to have your vaccine, but you should have it as soon as possible.

You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or unsure if you are fit and well.

If you are unable to attend your appointment, you need to contact the Coronavirus helpline on **0800 735 5566** to arrange a new appointment time.

Not attending appointments will result in vaccine wastage, which puts other people's lives at risk.

Protect yourself, your family, friends and colleagues

Even after receiving your vaccine, you will still need to follow public health guidance to protect yourself and others.

It takes a few weeks for your body to build up protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection.

Some people may still get COVID-19 despite having a vaccination, but the risk of developing serious illness will be reduced.

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.

You must continue to:

- practice physical distancing
- wear a face mask
- wash your hands carefully and frequently
- follow the current guidance: gov.je/coronavirus