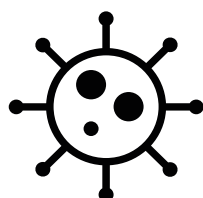




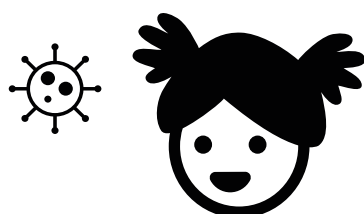
Simple text

COVID-19 vaccination for high risk children and young people aged 12 to 15

What is COVID-19 or coronavirus?



COVID-19 is an illness sometimes called coronavirus.

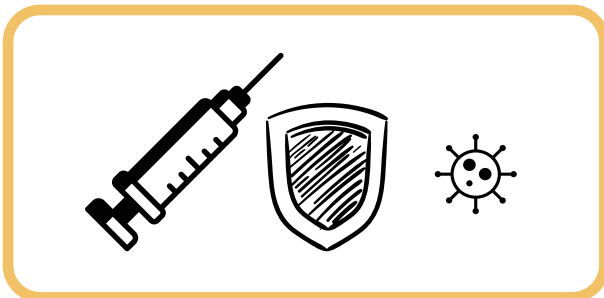


Most children who get COVID-19 have no symptoms. Those that do, have mild symptoms like a bad cold.

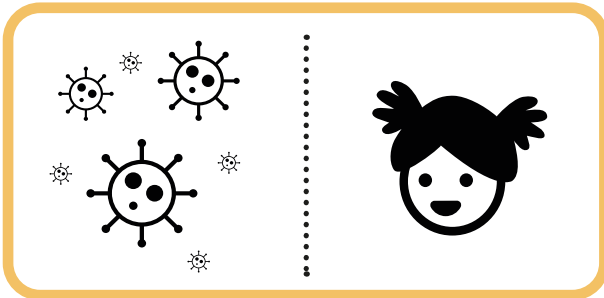


A few children and young people will get very poorly and have to go to hospital.

What is a vaccine?

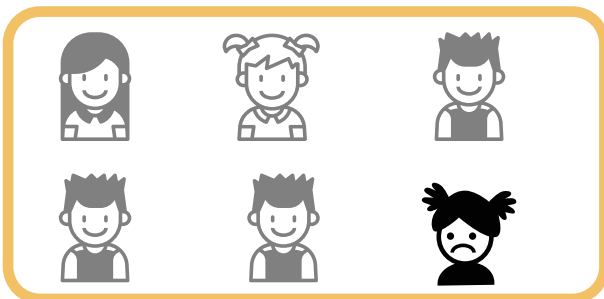


A vaccine protects you by giving you a tiny piece of a disease-causing germ, or by giving you a version of the germ that is dead or very weak.



This does not give you the disease. It makes your body respond by creating antibodies. These antibodies are part of your immune system, and they can fight the disease if you ever come in contact with it.

Who should have the COVID-19 vaccines?

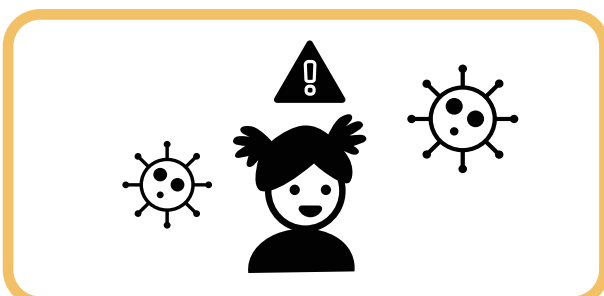


The vaccine is most important for the small number of children and young people who are likely to get poorly with COVID-19.

They include those with:



Severe neurodisabilities.



Immunosuppression – those whose immune systems don't work as well. Also those who live with someone who is immunosuppressed.

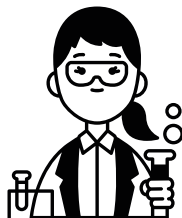


- Profound and multiple or severe learning disabilities.
- Being on the learning disability register.
- Those living with Down's syndrome.

About the vaccine



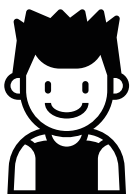
You may need 2 injections of the vaccine usually 8 to 12 weeks apart.



The vaccine has been tested to make sure it is as safe as possible.

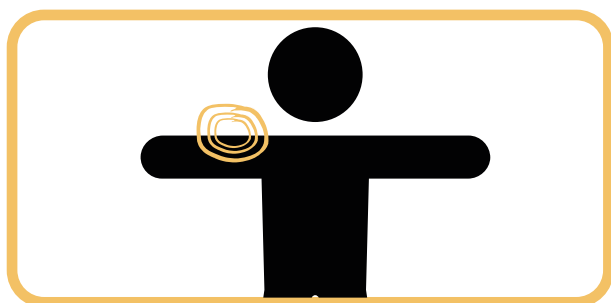


Having the vaccine makes you less likely to get very ill from COVID-19.

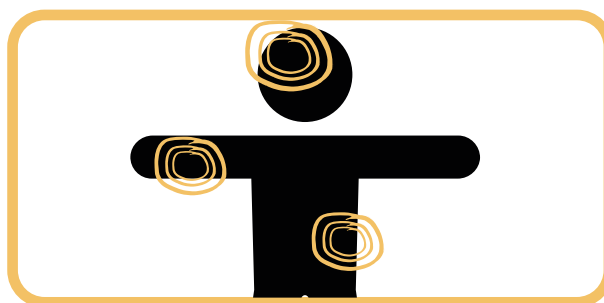


It will help to stop you from catching and passing on the virus.

Common side effects



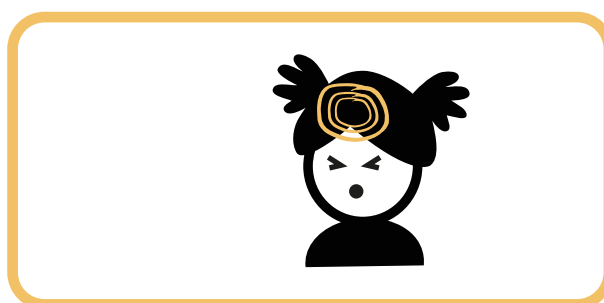
Your arm feeling heavy or sore where you had the injection



Feeling achy or like you've got the flu



Feeling tired

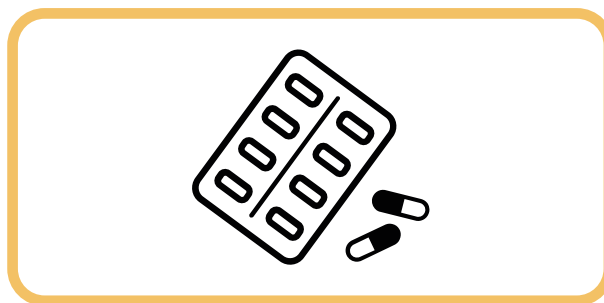


Having a headache

If you feel feverish (like you're very hot or very cold) you should:



Rest

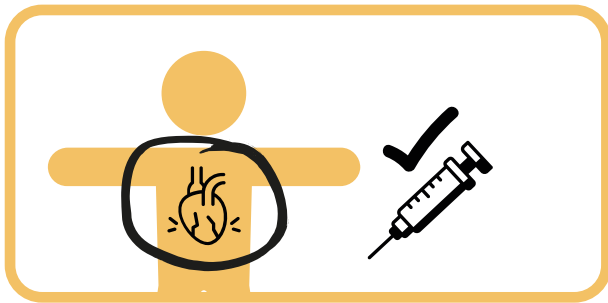


Take paracetamol

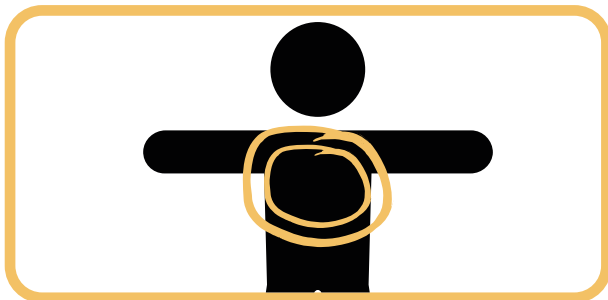


You should feel better in less than a week

Rare but serious side effects



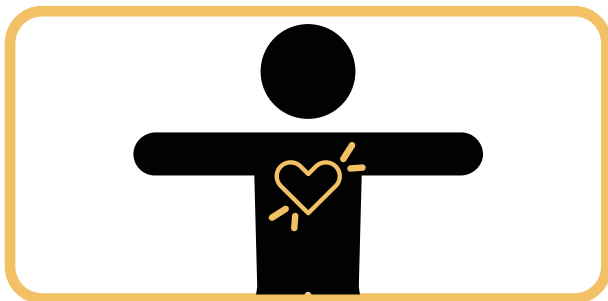
Worldwide, there have been recent, rare cases of inflammation of the heart reported after COVID-19 vaccines.



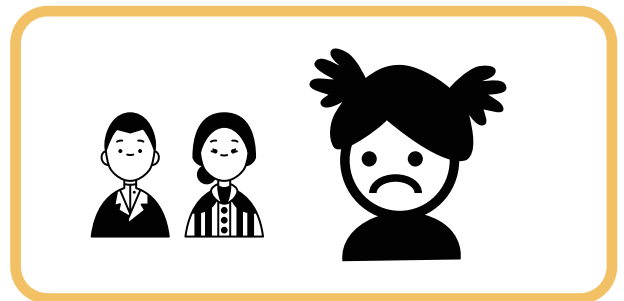
myocarditis – very rare



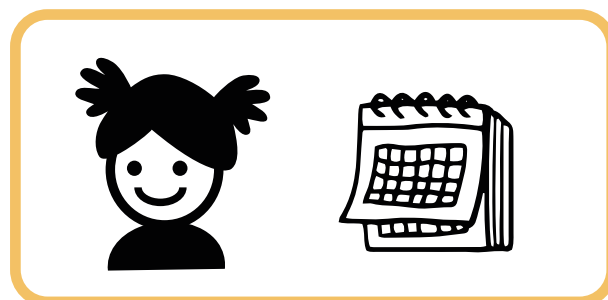
Shortness of breath



Feelings of having a fast-beating, fluttering, or pounding heart



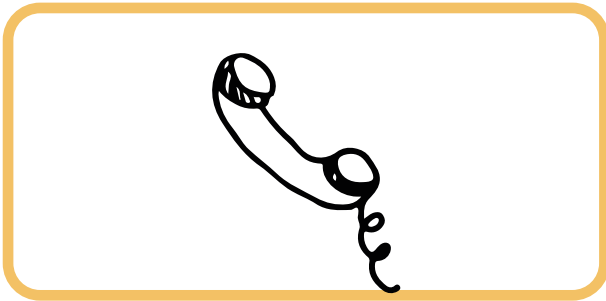
If you feel very poorly after vaccination, tell your parents or carers who can call 999.



These cases have been seen within a few days of vaccination.

Most people felt better after a few days of simple treatment.

How to book your appointment

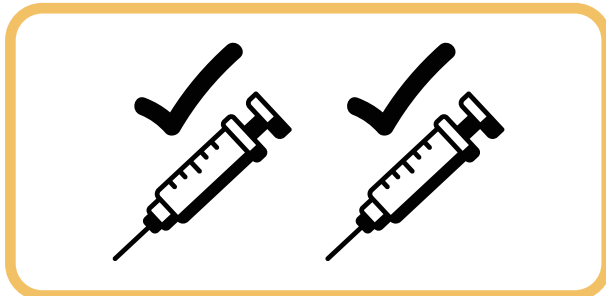


You can make an appointment to get your vaccination by calling the Coronavirus Helpline on **0800 735 5566** free of charge.

What to do next



When you've had the first injection, you will get a record card. This card should have your next appointment for 8 to 12 weeks time.



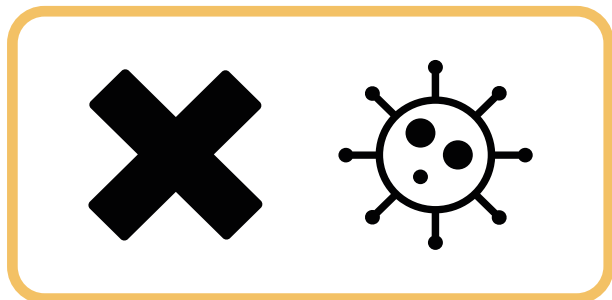
Although the first dose will give you good protection, you need the second dose to get longer-lasting protection.



Keep your card safe and make sure you go to get your second injection.

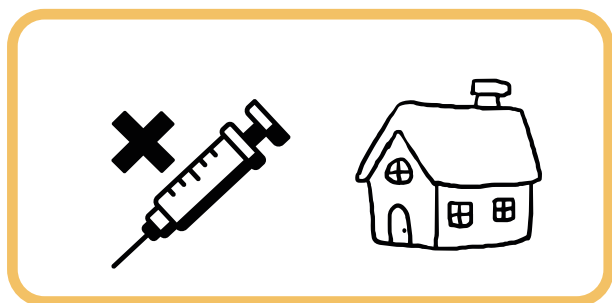
You will be classed as fully vaccinated 2 weeks after your second dose

Does the vaccine work for everyone?



The vaccine doesn't completely stop everyone getting COVID-19, but if you do, it should still stop you being very poorly.

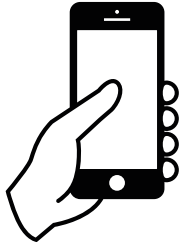
What to do if you are not well when it is your next appointment



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.



Further information is available at
[gov.je/Coronavirus](https://www.gov.je/Coronavirus)



If you cannot use the Government of
Jersey website, phone **0800 735 5566**
free of charge