

COVID-19 VACCINATION INFORMATION 2020/2021

You **SHOULD NOT** have the vaccination if you have had any serious allergic reactions (anaphylaxis) to:

- A previous vaccine (e.g. flu, immunisations, travel vaccinations)
- A previous dose of the same COVID-19 vaccine
- Some medications, household products or cosmetics

The coronavirus (COVID-19) vaccination gives you the best protection against the coronavirus. Having the vaccination will reduce the chance of suffering the effects of the virus.

However, as is the case with most vaccines, there is a chance that you may still contract the virus or spread it despite having the vaccine. Your symptoms, should you get COVID-19, will be less severe after vaccination.

On The Day Of Your Vaccination

- Please ensure that you turn up at the time of your appointment. **Please do not arrive early.**
- Please dress appropriately considering the weather as you will not enter Seaton Hospital until the time of your appointment.
- Please remember to adhere to the 2m social distancing rules.
- You may bring one person with you if you require aid or assistance.
- Please wear a face covering.
- Please do not attend your appointment if you have any of the COVID-19 symptoms or have been in contact with someone who has symptoms or has tested positive for COVID-19 in the last 14 days.
- Details of parking and the venue can be found further on in this leaflet.

COVID – 19 Symptoms

1. Temperature or fever (over 37.8°C) in the last 48 hours
2. A new persistent cough (this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
3. Loss or change to sense of smell or taste (this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal)

COVID-19 Vaccine Side Effects

Most side effects of the COVID-19 vaccine are mild and should not last longer than a week, such as:

- a sore arm where the needle went in
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You can take painkillers, such as paracetamol, if you need to.

If you have a high temperature you may have coronavirus or another infection.

If your symptoms get worse or you are worried, call 111.

FAQ's

Q: I have had my flu vaccine; do I need the COVID-19 vaccine as well?

A: There should be at least seven days between having your flu vaccine and having the vaccination for COVID-19. The flu vaccine does not protect you from COVID-19.

Q: Can I give COVID-19 to anyone after I have had the vaccine?

A: You will not contract coronavirus by having the COVID-19 vaccine. Having both doses of the vaccination will reduce your chances of becoming seriously ill should you contract the virus. It is not yet known whether it will stop you catching the virus and passing it on so it is important that you continue to follow the guidance from the government.

To protect yourself and your family, friends and colleagues you still need to:

- practice social distancing
- wear a face mask
- wash your hands carefully and frequently know whether it will stop you from catching and passing on the virus.

Q: Can I go back to normal activities after having my vaccine?

A: You should be able to continue with normal activities immediately after having the vaccination. However, it is advised that you do not drive for 15 minutes after the injection.

You may find that your arm is sore, so heavy lifting may be difficult.

If you feel unwell or very tired following your vaccination, you should rest and avoid operating machinery or driving.

For two months following vaccination you should avoid getting pregnant.

Q: How do I cancel/amend my appointment?

A: We would appreciate it if you could let us know as soon as possible if you would like to cancel or amend your appointment. You can do so by calling Townsend House Medical Centre on 01297 20616.

Q: When will my second vaccine be?

A: The Surgery will contact you directly to book this for you. Due to the uncertainty of delivery of the vaccines, we cannot commit to a specific date immediately. Your second dose will be administered within the recommended guidelines.

Q: What happens after my second vaccine?

You will receive either a record card or letter from the Surgery. This may not be immediate.

Parking and Venue

Please park in the Seaton Methodist car park. If you have mobility issues then there is limited parking in the actual hospital.

