+ KEEP HILLINGDON SAFE +

Protect yourself and others from CORONAVIRUS



Working together to
Keep Hillingdon Safe

NHS

HILLINGDON
LONDON

www.hillingdon.gov.uk/coronavirus

GETTING VACCINATED AGAINST COVID-19

The COVID-19 vaccination programme is being delivered by the NHS. The council is supporting health partners and the rollout by sharing NHS information and messaging to ensure that residents are well informed.

The vaccine is being offered to people most at risk in order of priority (see right). You will be notified when it's your turn for a vaccination. If you haven't heard anything yet please don't worry and please do not contact the NHS to ask for the vaccine.

The vaccine, like all vaccines in the UK, has been approved for use after meeting the strict standards of safety, quality and effectiveness set out by the Medicines and Healthcare products Regulatory Agency. It is given as an injection into your upper arm, and you will receive two doses, with each given approximately 11 to 12 weeks apart.

PRIORITY GROUPS

1. **Residents in a care home** for older adults and **staff working in care homes** for older adults
2. All those **80 years** of age and over and **frontline health and social care workers**
3. All those **75 years** of age and over
4. All those **70 years** of age and over and **clinically extremely vulnerable individuals** (not including pregnant women and those under 16 years of age)
5. All those **65 years** of age and over
6. Adults aged **16 to 65 years** in an at-risk group
7. All those **60 years** of age and over
8. All those **55 years** of age and over
9. All those **50 years** of age and over
10. **Rest of the population**

It is being offered at vaccination centres, some pharmacies and some local NHS services such as hospitals or local community sites run on behalf of GP practices.

Reports of serious side effects, such as allergic reactions, have been very rare. No long-term complications have been reported.

You should continue to follow the government guidelines of 'Hands - Face - Space' after vaccination to avoid infection and further transmission.

When it's your turn, you are encouraged to take the vaccine and ensure you attend for both the first and second doses. By doing so, you will be helping to keep your family, friends and the Hillingdon community safe.

More information on the vaccine can be found at www.nhs.uk.



Dr Ghassan Al Jaboury, a GP from HESA Medical Centre in Hayes, said: "The COVID-19 pandemic has affected everyone this year. This is why it is of utmost importance to get yourself and your family vaccinated and encourage your friends and loved ones to have the vaccine.

"We can control this pandemic/disease better when we are all vaccinated."

Alykhan Kassam, aged 32, from South Ruislip, said:
"Staff were very reassuring and helpful in answering any questions that I had.



"When it came to being vaccinated I really didn't feel a thing and it was over before I knew it.

"Given the pandemic and the severity of the situation that we all find ourselves in, I think that it's really important that everyone plays their part in making it better. Trust the scientists and medical professionals – the more people who get vaccinated the better it is for this country and the world."

FREQUENTLY ASKED QUESTIONS ABOUT THE VACCINE

Can you get COVID-19 after having the vaccine?

The first dose of the vaccine should give you good protection from COVID-19 but you need to have the two doses to give you longer lasting protection. Even if you have been vaccinated, you could still become mildly infected. The vaccines prevent severe disease, not infection, so you could still carry the virus and unknowingly pass it on to others. If you are going to work please get tested regularly and follow the government guidelines of 'Hands - Face - Space'.

What are the side effects?

Most side effects 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. You can take painkillers, such as paracetamol.

Does the vaccine contain any animal products (such as gelatine) or egg?

The COVID-19 vaccine does not contain any animal products or egg.

I've had COVID-19. Do I still need to be vaccinated?

Yes. Getting vaccinated is just as important for those who have already had COVID-19 as it is for those who haven't. The vaccine could offer more protection or boost the immunity your body has already made.

Does the vaccine have any effect on fertility?

There is no evidence that the COVID-19 vaccine has any effect on fertility.

PLEASE BE ALERT TO SCAMS

Be aware that the NHS will:

- never ask for payment or your bank details – the vaccine is free and only available through the NHS
- never arrive at your home unannounced to provide the vaccine
- never ask you to prove your identity by asking you to send documents like your passport.

IF YOU HAVE SYMPTOMS OF COVID-19

a high temperature

a new and continuous cough

a change to or loss of smell or taste

To protect yourself and others, stay at home and book a test now.

Do not leave home except to have a test.

To be effective, tests need to be done in the first five days from the start of symptoms and any home testing kit would need to be ordered by 3pm on the fourth day since symptoms appeared.

Book an appointment for a test or order a home testing kit using the NHS COVID-19 app, at www.gov.uk/get-coronavirus-test or call 119

IF YOU DO NOT HAVE SYMPTOMS OF COVID-19

As many as one in three people who have coronavirus show no symptoms.



If you have the virus with no symptoms, you could be spreading it to others without knowing.

Tests are quick and the results will usually be with you in an hour (but may take up to 24 hours at busy times).

These tests are ideal if you're having to leave your home to go to work or to care for someone.

Protect others by booking an appointment at www.hillingdon.gov.uk/community-testing or call 020 3949 5786

Help to protect yourself and others from COVID-19. Remember:

Hands - Face - Space

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