

# Covid-19 vaccination

## Useful information

### Why is a vaccine important?

Vaccines keep us, our loved ones and our wider communities safe. They stop other people from getting sick. After clean water, vaccines are the most effective public health intervention in the world. Vaccines developed in previous pandemics, like polio are still preventing severe illness, disease and disability in your family and your community, wherever they are. This vaccine will too.



doses of Pfizer vaccine, 12 weeks apart. The longer gap between first and second doses for this age group is because data shows that side effects, which are rare, are less likely with a longer gap.

### When you have the vaccination:

Your chances of being infected with Covid-19 are very low, and protection against severe illness is very high. Your chances of passing Covid-19 onto your friends and family is reduced too.



### Pregnancy

You can receive the vaccine safely if you are pregnant, breastfeeding or planning a pregnancy. There is no evidence that any of the vaccines affect the fertility of women or men. Speak to a healthcare professional if you have any questions.



### Vaccines for under 18's – who is eligible?

Children and young people aged between 12-17 who are at high risk for Covid-19 or who live with someone who is at high risk will be offered two doses of Pfizer vaccine, 8 weeks apart. Children and young people aged between 12-17 who are not at high risk for Covid-19 will be offered two



### Vaccines for people with no leave to remain in the UK

If you do not have leave to remain in the UK you can have the vaccine at any of our local clinics and you do not need proof of ID, address or any other documents. You will not be charged for the vaccine. You will still need to book through the national booking system or the council help line on 0207 364 3030.



## Variants

All viruses naturally mutate over time, and SARS-CoV-2, the virus that causes Covid-19 disease, is no exception. Over time, changes can build up in the genetic code of the virus, and these new viral variants can be passed from person to person. Most of the time the changes are so small that they have little impact on the virus. However, now and again, a virus mutates in a way that helps it, for example allowing it to spread more quickly, and causes us to be concerned about changes in the way the virus might behave. In this case the variant may be considered a Variant of Concern by the World Health Organisation. The vaccines we have are effective for the variants that are most common in the UK.



## Book your appointment

- When you are contacted, you will be given all of the information about how to book your appointment
- When you book, have your NHS number, if you have one, or the name you used when you registered with your GP
- You will be given a booking number – hold on to this
- Residents that are eligible for the vaccine can get support to book their appointment through the council's support line on 020 7364 3030



## How can I book my first vaccinations, booster or 3rd primary dose?

- Wait to be invited to book by your GP.
- You can also call the council helpline on 020 7364 3030 who can help with your booking.
- You can also book directly through the national booking system by calling 119 or visiting [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination)
- Some walk-in options are available, please check our website for updated clinics.



This information is correct as of 03/12/2021 but may change in the future.

## Wait for your invitation from the NHS

- This may be from your GP or from the NHS
- This may be a phone call, letter or text message
- You will be asked to book an appointment



## Go and have your vaccine

- You will have time to ask questions and discuss any concerns
- Wear your face covering and follow social distancing rules
- You will be asked to wait for 15 minutes afterwards to check that you feel okay to go home
- The vaccine is given as 2 doses. You will have the 2nd dose 3 to 12 weeks after having the 1st dose and you will receive the booster 3 months after your second dose.



## Go home and follow the COVID-19 rules

- Hold on to your record card for your next appointment
- If you don't have a 2nd appointment or a booster appointment, you will be contacted to book one
- Continue to follow the current guidance on staying safe



### Newham African Caribbean Resource Centre (NACRC)

are providing support and information to the Black Caribbean community in Tower Hamlets.

Contact [david\\_nacrc@yahoo.co.uk](mailto:david_nacrc@yahoo.co.uk)

or call 07862 026 892 and 07863 10 10 45 to talk to someone who can support you.