

COVID-19 Vaccination 2020/2021

December 22nd 2020 and January 12th 2021

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.

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.

If you have a history of any 'significant' allergic reactions, you SHOULD NOT currently receive the COVID-19 vaccine

- There will be disabled access upon entry
- You may bring with you 1 carer or 1 relative if you require aid or assistance.
- Please wear a face covering
- Please do not attend if you have any COVID-19 symptoms

Don't forget to attend your appointment to have your second dose of vaccine. You will have the best protection after two doses.

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 rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better.

Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111.

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.

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. The most important symptoms of COVID-19 are recent onset of any of the following:

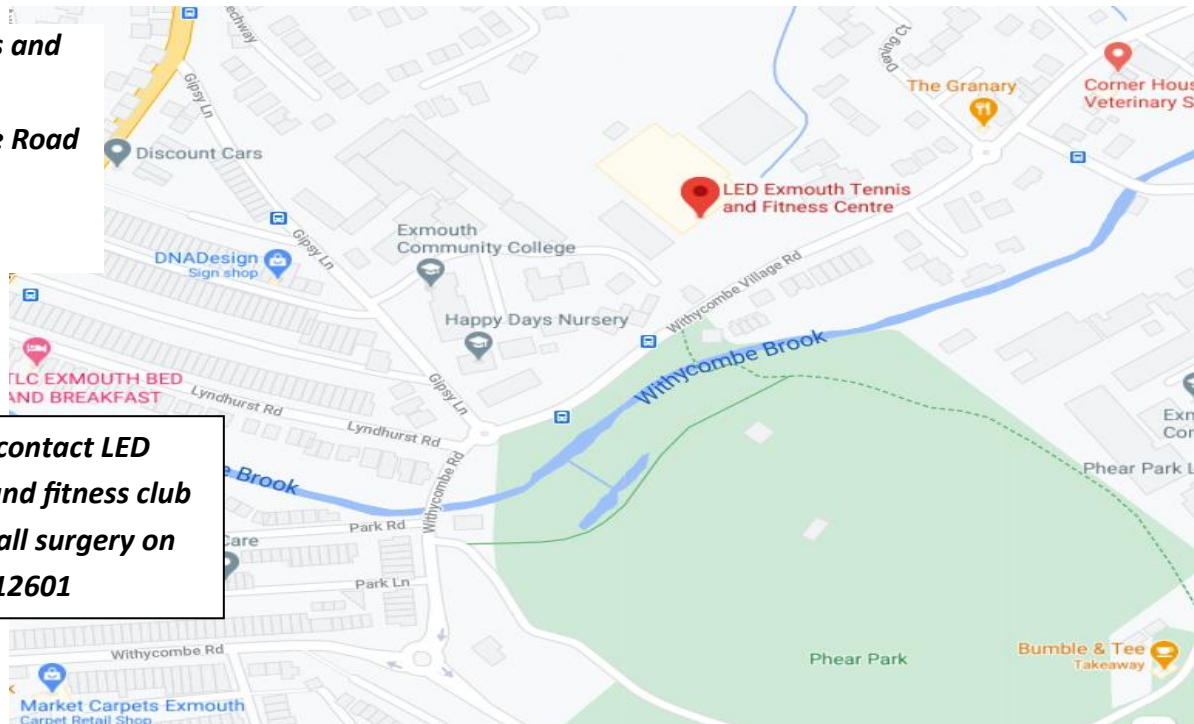
- a new continuous cough
- a high temperature
- a loss of, or change in your normal sense of taste or smell

If you have the symptoms above, stay at home and arrange to have a test. If you need more information on symptoms visit

www.nhs.uk/conditions/coronavirus-COVID-19/symptoms

Location

**LED Exmouth Tennis and
Fitness Club**
Withycombe Village Road
Exmouth
EX8 3AE

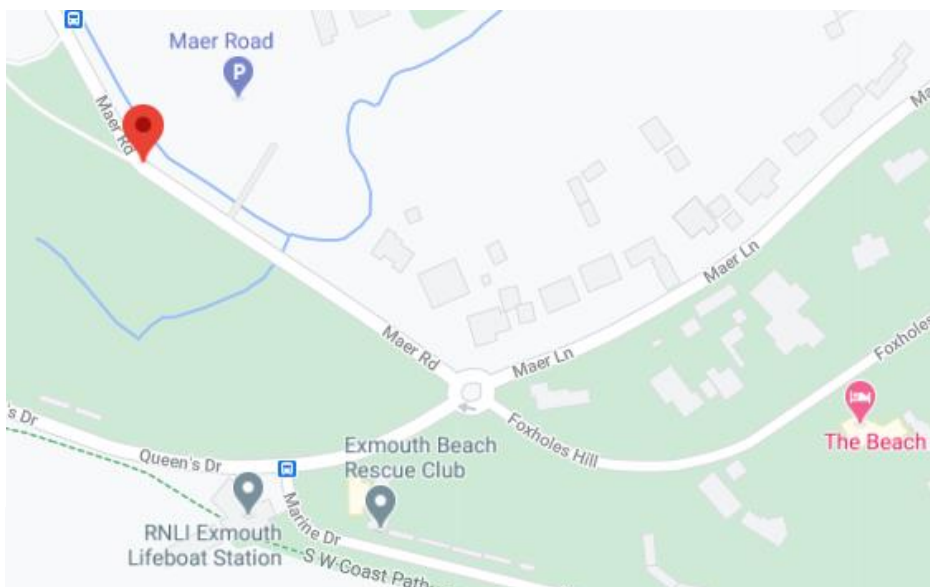


**Please do not contact LED
Exmouth Tennis and fitness club
directly please call surgery on
01395 512601**

Additional Parking

There is limited parking available on site, therefore there is additional parking available at **Maer Road Car Park**. EX8 2DA

There is then a Shuttle bus with limited capacity available to take you to and from venue. Would will need to arrive at least 30 mins prior to appointment time.



FAQ's

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

The flu vaccine does not protect you from COVID-19. As you are eligible for both vaccines you should have them both, but normally separated by at least a week.

Can I give COVID-19 to anyone, after I have had the 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 whether it will stop you from catching and passing on the virus. So, it is important to follow the guidance in your local area to protect those around you.

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

Yes, you should be able to resume activities that are normal for you as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving. You should avoid getting pregnant for two months after vaccination.

We advise you not to drive a vehicle for at least 15 minutes after receiving the vaccination.

How to cancel/amend my appointment?

Please call Sidvalley practice direct 01395 512601.

More information and Public Health England literature can be found on our website

www.sidvalleypractice.nhs.uk

You will also be given further information leaflets on the day.