

COVID-19 VACCINATION CLINICS

Prioritisation guidance for eligible cohorts -

1. Older adults' resident in a care home and care home workers
2. All those 80 years of age and over and health and social care workers
3. All those 75 years of age and over
4. All those 70 years of age and over
5. All those 65 years of age and over
6. High-risk adults under 65 years of age
7. Moderate-risk adults under 65 years of age
8. All those 60 years of age and over
9. All those 55 years of age and over
10. All those 50 years of age and over

The vaccination cannot be given opportunistically and must be given within a dedicated clinic appointment.

You will be booked to receive a second 'booster' vaccination at some point within the 12 weeks following your first vaccination.

The vaccination programme will be ongoing during 2021, and all eligible patients will be recalled in due course. The programme detail may change as alternative vaccines are approved and made available for use.

Important points-

- You must not have had any other type of vaccination within 7 days prior to receiving the COVID vaccination
- You must not have had a positive COVID test within the 4 weeks prior to your COVID vaccination

This information pack includes everything you will need to read and understand before you attend for your vaccination.

Within this pack you will find

1. Chipping Norton Health Centre - how to find us
2. Chipping Norton Health Centre – attending for your appointment
3. Patient leaflet – What to expect after you COVID-19 vaccination



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Chipping Norton Health Centre - How to find us

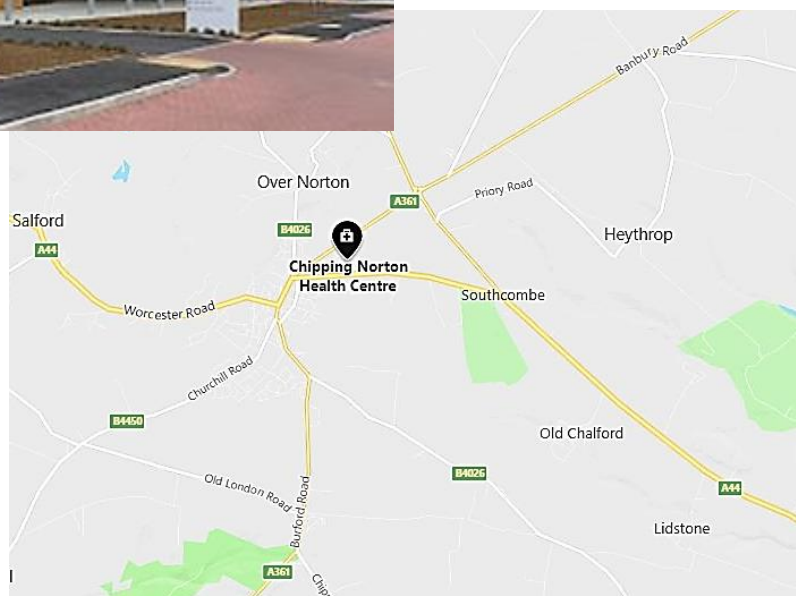
Chipping Norton Health Centre

Russell Way, London Road, Chipping Norton, OX7 5FA

From Deddington, Bloxham and Sibford – Use the A361 (Banbury road) towards Chipping Norton. As you reach the roundabout with ‘Wheeler’s’ garage on the right, go straight ahead (the Shell garage will be on your left). This will bring you towards town past the Aldi supermarket. At the bottom of the hill turn left to go up the London Road. Carry on up the hill until you pass M&S on the right and then you will see Russell Way on your left.

From Wychwood – Use the A361 (Burford road) towards Chipping Norton town centre. Go through the town. When you reach the multiple junctions, turn right up the hill onto the London Road. Carry on up the hill until you pass M&S on the right and then you will see Russell Way on your left.

Once on Russell Way, you will pass the building site on the right hand side. Keep looking to the right and you will see the Health Centre building. Turn right and then left to enter the patient car park.





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Chipping Norton Health Centre – attending for your appointment

Please come to your appointment 10 minutes before your allotted time, no more than this though please. This will allow time for you to be registered and for a member of staff to review your completed health questionnaire.

- When you arrive at the Health Centre you will park in the patient car park.
- You will enter the building via the front double doors.
- You will be greeted by a care navigator that will ask you some COVID screening questions.
- You will be directed towards the front desk where a member of staff will check you in and go through some questions with you.
- You may be given a sticker to wear dependent upon answers you give to the questions. This is so a doctor can identify that they need to talk with you before your vaccination.
- You will then be directed to wait until the nurse is ready to vaccinate you.
- You will need to remain in the practice for 15 minutes after the vaccination for observation purposes.
- You will exit via the front double doors where you entered.

Please remember -

 <p>DO NOT ATTEND your appointment if you have any COVID-19 symptoms</p>	 <p>Wear a face covering if you are able to</p>	 <p>Sanitise your hands on arrival and as you leave</p>	 <p>Come dressed in a loose sleeved top</p>
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If you have any questions or queries about the vaccination please visit [Coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk/coronavirus). Or call the patient medicines helpline on 01865 228906. Do not call your GP practice.



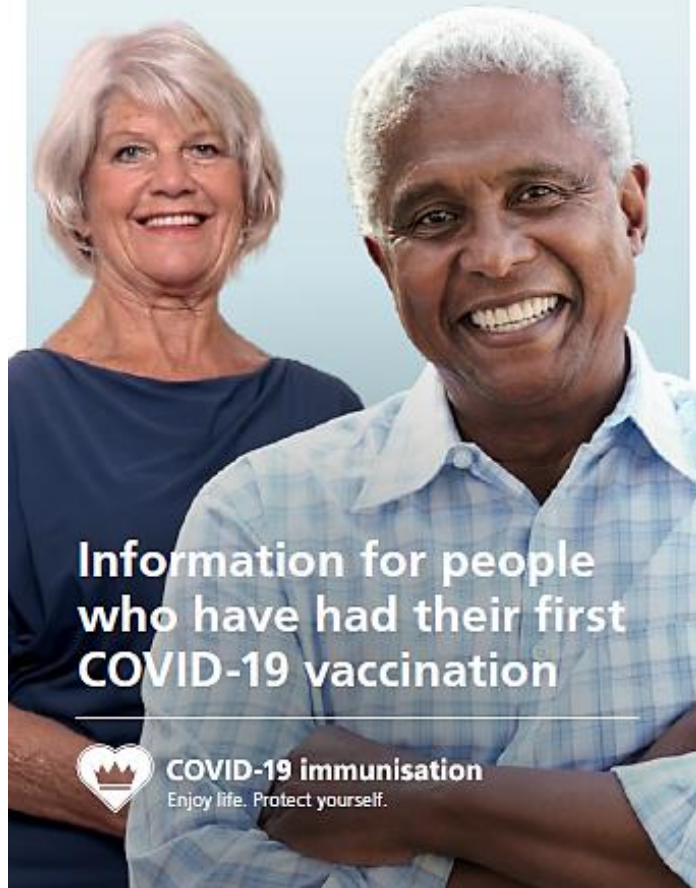
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What to expect after your

COVID-19

vaccination



**Information for people
who have had their first
COVID-19 vaccination**



COVID-19 immunisation
Enjoy life. Protect yourself.



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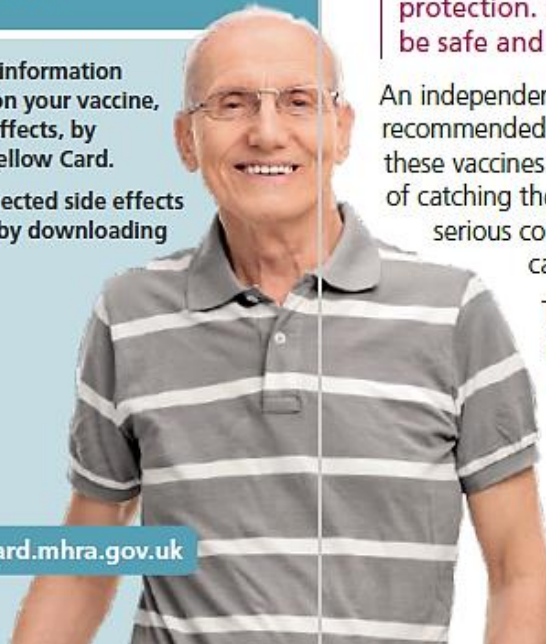
Can I give COVID-19 to anyone, now I have had the vaccine?

Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.

You can also report suspected side effects on the same website or by downloading the Yellow Card app.



coronavirus-yellowcard.mhra.gov.uk



WHAT TO EXPECT

People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination first.

The vaccine you are being offered is amongst the first to be approved as safe and effective by the Medicines and Healthcare products Regulatory Agency (MHRA).

You have just received your first dose and now should plan to attend your next appointment. This leaflet is a guide to what to do now.

In the UK, there are two types of COVID-19 vaccine to be used once they are approved. They both require two doses to provide the best protection. Both have been shown to be safe and effective in clinical trials.

An independent group of experts has recommended that the NHS offers these vaccines to those at highest risk of catching the infection and suffering serious complications if they do catch the infection.

This includes older adults in care homes and frontline health and social care workers. When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.



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COVID-19 VACCINATION

What are the 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 (see advice on page 5). An uncommon side effect is swelling of the glands. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.

These symptoms 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) so that

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WHAT TO EXPECT

they can assess you properly. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme.

You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.

Can I catch COVID-19 from the vaccine?

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 (anosmia).

Although a mild fever can occur within a day or two of vaccination, if you have any other COVID symptoms or your fever lasts longer, 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

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COVID-19 VACCINATION

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. Please read the detailed information here: www.nhs.uk/covidvaccination.

What do I do next?

Plan to attend your second appointment. You should have a record card with your next appointment written on it, for an appointment in 21 or 28 days. It is important to have both doses of the same vaccine to give you the best protection.

Keep your card safe and make sure you keep your next appointment to get your second dose.



What should I do if I am not well when it is my next appointment?

If you are unwell, it is better to wait until you have recovered to have your vaccine, but you should try to have it as soon as possible. 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.

WHAT TO EXPECT

Will the vaccine protect me?

The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease. Each vaccine has been tested in more than 20,000 people in several different countries and shown to be safe.

It takes a few weeks for your body to build up protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.

Can I give COVID-19 to anyone, now I have had the vaccine?

The vaccine cannot give you COVID-19 infection, and a full course 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, but we do expect it to reduce this risk. So, it is still important to follow the guidance in your local area to protect those around you.

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
- follow the current guidance at www.gov.uk/coronavirus



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Remember

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.



Vaccination, helping to protect those most vulnerable.

If you need more information on the COVID-19 vaccination please visit:
www.nhs.uk/covidvaccination

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You can order more of these free leaflets at www.healthpublications.gov.uk