



COVID-19 vaccination

Protection for health and social care workers

All frontline health and social care workers are being offered COVID-19 vaccine which will help protect you against the COVID-19 disease.

Getting your COVID-19 vaccination as soon as you can will help protect you, your family and those you care for.

The COVID-19 vaccine can help reduce the risk of serious illness and save lives. This will reduce pressure on our health and social care services.

Why it's important to get your COVID-19 vaccination

If you're a frontline health or social care worker, you are more likely to be exposed to COVID-19 at work. Health and social care workers (particularly in care homes) are at much higher risk of repeated exposure to the infection.

Catching COVID-19 can be serious and can lead to long term health complications. These are more common in older staff or those with underlying clinical risk factors.

It is possible to have COVID-19 without any symptoms and pass it on to family, friends and patients, many of whom may be at increased risk from the virus.

Being healthy doesn't reduce your risk of catching COVID-19 or passing it on.

With high rates of COVID-19, it's more important than ever to help stop the spread of the virus, to avoid pressure on our health and social care services and to keep our workforce healthy.

Will the vaccine protect me?

The COVID-19 vaccine will reduce the chance of you suffering from COVID-19 disease. Like all medicines, no vaccine is completely effective and it takes a few weeks for your body to build up protection from the vaccine. It is possible to still get COVID-19 despite having a vaccination, but it should lessen the severity of the infection.

The vaccine has been shown to be effective and no safety concerns were seen in studies of more than 20,000 people.

How was the COVID-19 vaccine developed so fast?

The technological approaches to making vaccines have been getting better and better with time. From the beginning of the global pandemic, governments have put in support including funding, research processes and manufacturing in place to expedite vaccine creation and production. However the stringent safety and efficacy testing remains exactly the same as with all other vaccines including those not produced in response to a pandemic.

Will the vaccine protect those I care for?

Evidence on whether the COVID-19 vaccination reduces the chance of passing on the virus isn't clear. Most vaccines reduce the overall risk of infection, but some vaccinated people may get mild or asymptomatic infection and therefore can still pass the virus on. It is highly likely that any infection in a vaccinated person will be less severe and that viral shedding will be shortened. We therefore expect that vaccinated health and social care staff will be less likely to pass infection to their friends and family and to the vulnerable people that they care for.

Will the vaccine have 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 very high temperature is unusual and may indicate you have COVID-19 or another infection.

You can take the normal dose of paracetamol (follow the advice in the packaging) and rest to help you feel better. Do not exceed the normal dose.

These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call your GP or health care professional.

If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them your vaccination card) so that they can assess you properly.

You can 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.

A woman of childbearing age? Pregnant? Planning a pregnancy? Breastfeeding?

Like all new medicines, the vaccines have not yet been tested in pregnant women. So, if you are pregnant or think you might be pregnant, we advise waiting until your pregnancy is completed before you are vaccinated.

If you have had the first dose, and then become pregnant, we recommend delaying the second dose. Please speak to your employer about other ways to reduce your risk of COVID-19.

If you find out that you are pregnant after you have had the vaccine, you can be reassured that the vaccines do not contain organisms that multiply in the body, so they cannot cause COVID-19 infection in your unborn baby. Like with other vaccines, Public Health England is establishing a monitoring system to follow up women who are inadvertently vaccinated in pregnancy.

Most women who catch COVID-19 during pregnancy do not suffer a more serious outcome than non-pregnant women and will go on to deliver a healthy baby.

Women of childbearing age, those who are pregnant, planning a pregnancy or breastfeeding, can find more information at [nhs.uk/covidvaccination](https://www.nhs.uk/covidvaccination).

However, if you have a medical condition that puts you at high risk, your specialist may advise you to consider vaccination during pregnancy.

As more safety data on the vaccine becomes available this advice may change.

Who can't have the vaccine?

The vaccines do not contain living organism, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine. A very small number of people who are at risk of COVID-19 cannot have the vaccine – this includes people who have severe allergies.

Can I catch COVID-19 from the vaccine?

You cannot catch COVID-19 from the vaccine. However it is possible to catch COVID-19 and not have the symptoms until after your vaccination appointment. Please continue to have the regular screening tests that your employer arranges.

If you have the symptoms of COVID-19, you should isolate at home and call the Coronavirus helpline on **01534 445566** to arrange a test.

If you need more information on symptoms visit gov.je/symptoms

How do I book my appointment?

You will receive an email from your line manager with details about how to book your appointment. When attending your appointment, please bring personal and work identification. Remember to bring a mask.

What do I do next?

After you have had the first dose you must plan to attend your second appointment. You will receive a record card or email confirmation of when your next dose is due in 3-12 weeks' time. It is important to have both doses of the vaccine to give you the best protection.

Keep your card safe with details of your vaccination.

Don't forget your COVID-19 vaccination

Make sure you keep this record card in your purse or wallet

For more information on the COVID-19 vaccination or what to do after your vaccination, see: gov.je/vaccine

Government of Jersey

1 Name of vaccine: Batch no: Date vaccine given:

2 Name of vaccine: Batch no: Date vaccine given:

What should I do if I am not well for my next appointment?

If you are unwell, it is better to wait until 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.

After I have had the vaccine will I still need to follow all the infection control advice?

The vaccine cannot give you COVID-19 infection, and two doses will reduce your chance of becoming seriously ill. No vaccine is completely effective and it will take a few weeks for your body to build up protection.

So, you will still need to follow the guidance in your workplace, including wearing the correct personal protection equipment and taking part in the workforce testing programme.

To continue to protect yourself, your patients, your family, friends and colleagues you should follow the general advice at work, at home and when you are in public:

- practice physical distancing
- wear a face mask
- wash your hands carefully and frequently
- follow the current guidance: gov.je/coronavirus

Can I go back to work after having my vaccine?

Yes, you should be able to work 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.

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.



Protect yourself, your family, friends and colleagues

Even after receiving your vaccine, you will still need to follow public health guidance to protect yourself and others.

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 the risk of developing serious illness should be reduced.

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.

You must continue to:

- practice physical distancing
- wear a face mask
- wash your hands carefully and frequently
- follow the current guidance [gov.uk/coronavirus](https://www.gov.uk/government/coronavirus)

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