

Don't let your protection fade this spring



For people aged 12 years and over with a weakened immune system, people aged 75 and over and residents in care homes for older adults

What is COVID-19?

COVID-19 is a respiratory infection. It's highly infectious and spreads through the air when people cough or sneeze, or when people touch surfaces where it has landed, then touch their eyes, nose or mouth.

Common symptoms of COVID-19 include:

- continuous cough
- fever/high temperature (37.8°C) or chills
- headache that's unusual or longer lasting than usual
- fatigue
- sore throat, stuffy or runny nose
- muscle aches or pains
- loss of, or change in, sense of smell or taste.

Find out more about COVID-19 at www.nhsinform.scot/covid19

Who is being offered the vaccine?

COVID-19 is more serious in older adults and in people with certain health conditions. For these reasons, a spring dose of the COVID-19 vaccine is being offered to:

- residents in care homes for older adults
- adults aged 75 years and over on 30 June 2024 (i.e. born on or before 30 June 1949)
- people aged 6 months and over (by 31 March 2024) with a weakened immune system.

It's important to keep up-to-date with your COVID-19 vaccines.

Your level of protection against COVID-19 may fade over time.

Why am I being offered the vaccine this spring?

Getting the vaccine this spring will top up your protection and help prevent you from getting seriously ill or dying from COVID-19.



The World Health Organization (WHO) estimates the COVID-19 vaccine has reduced the death rate by 70% among adults aged 25 and over in Scotland.



Why am I being offered another dose?

Even if you had a COVID-19 vaccine in the winter, it's important to get another dose this spring to help build up your protection.

If COVID-19 infections increase over the summer, the spring vaccine should help to reduce your risk of being admitted to hospital or dying from COVID-19.

When should I have the vaccine?

It will usually be offered around 6 months (and no less than 3 months) after your last dose. NHSScotland will contact you when it's time for you to get your vaccine.

Are there any reasons I should not have a COVID-19 vaccine?

There are very few people who cannot have the vaccine. People who have had a confirmed severe allergic reaction (anaphylaxis) to any of the vaccine ingredients or a previous dose of the same vaccine should seek advice from their health professional before having the vaccine.

Can I still catch COVID-19 after having the vaccine?

You might still get COVID-19, but your symptoms are likely to be milder. The COVID-19 vaccine reduces the chance of you getting seriously ill or dying from COVID-19. Protection from the vaccine usually starts 2 weeks after having it. Like all medicines, no vaccine is completely effective.

Which COVID-19 vaccine will I be offered?

You'll be offered the most suitable vaccine for your condition or age.

For more information on vaccine ingredients, and links to the patient information leaflets, visit or call



www.nhsinform.scot/springvaccine



0800 030 8013

Side effects

Common side effects of the COVID-19 vaccine

Like all medicines, vaccines can cause side effects but not everyone gets them. It's normal for around 1 in 10 people to experience side effects after a vaccine. It shows the vaccine is teaching your body's immune system how to protect itself from the disease.

Most side effects are mild such as:

- a painful, heavy feeling and tenderness in the arm where you had your injection
- feeling tired
- headache
- general aches or mild flu-like symptoms.

Side effects should normally only last a day or two, and no longer than a week.

You can rest and take paracetamol (follow the dose advice in the packaging) to help you feel better. Do not give medicines that contain aspirin to children under 16 years of age.



An uncommon side effect of the COVID-19 vaccine is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your health professional. If you're due for breast screening (a mammogram) a few weeks after the vaccine, tell them you've had the COVID-19 vaccine when you attend.

www.nhsinform.scot/springvaccine

Very rare side effects

Heart inflammation

Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after the COVID-19 vaccines.

These cases have been seen mostly in younger men and within several days of vaccination. Most of the people affected have felt better and recovered quickly following rest and simple treatments.

You should seek medical advice urgently if, after vaccination, you experience:

- chest pain
- shortness of breath
- feelings of having a fast-beating, fluttering, or pounding heart.

Very rare side effects may affect up to 1 in 10,000 people.

Even if you've had side effects after a previous dose, NHSScotland recommends you get all the doses you're eligible for, unless your side effect was severe.

What should I do if I'm concerned about my side effects?

Side effects normally last less than a week. If your side effects seem to get worse or if you're concerned, call **NHS 24** free on **111**. If you seek advice from a health professional, tell them about your vaccination so that they can assess you properly.

Reporting side effects

Millions of people have had a COVID-19 vaccine and the safety of the vaccines continues to be monitored. You can report suspected side effects of vaccines and medicines through the Yellow Card Scheme at **www.mhra.gov.uk/yellowcard**, using the Yellow Card app, or by calling **0800 731 6789**.

The vaccine cannot give you COVID-19, and having all the doses you're eligible for will reduce your chance of becoming seriously ill.

www.nhsinform.scot/springvaccine

On the day of your appointment

How to prepare for vaccination

The COVID-19 vaccine is given as an injection in the upper arm. Wear practical clothing so it's easy to access your arms up to your shoulder.

Speak to your vaccinator if you have any questions or concerns. If you have a fear of needles or feel anxious, they'll be understanding and can support you.

Let your vaccinator know if you're receiving any medicines, treatment or therapy at a hospital or specialist clinic. It's important that you tell them if you've ever had a severe allergic reaction.

Consent for young people

Parents and carers are invited to go with their young person to their appointment. They can ask questions and discuss the benefits and risks of the vaccine.

Young people and their parents or carers should talk about getting vaccinated and come to a decision together.

Young people aged 12 to 15 may be able to give their own consent. It's recommended the parent or carer agrees too, but it's not always necessary.

What if I'm ill on the day?

If you're unwell, wait until you've recovered to have your vaccine. You should not attend an appointment if you have a fever or think you might be infectious to others.

You can rearrange your appointment at www.nhsinform.scot/springvaccine or call 0800 030 8013.

What if I need additional support?

If you're unable to leave your home (due to your mobility/physical ability or mental health condition) or if you need additional support (for example, someone to support you when you arrive or a private space to be vaccinated), call **0800 030 8013** and your request will be sent to your local NHS immunisation team.

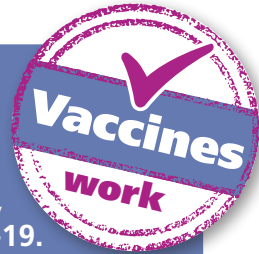


If you feel your young person cannot attend a vaccination centre for physical or emotional reasons, you can discuss their needs with your local NHS immunisation team. Call 0800 030 8013 and your request will be sent to your local NHS immunisation team.


Will I have to wait after my vaccine?


Because of a small risk of fainting, you should not drive for at least 15 minutes after your vaccination. If you have a history of allergies, or if you had a reaction immediately after a previous dose, you may also be advised to stay for a short period after the vaccine.


The World Health Organization states that getting vaccinated is one of the most important things you can do to protect yourself against serious illness, hospitalisation and death from COVID-19.




For more information, including other formats and translation support:

 www.nhsinform.scot/covid19vaccineleaflets

 0800 030 8013

 psh.otherformats@psh.scot



Information correct at time of publication. Please visit www.nhsinform.scot/covid19vaccine for the latest information.

You have rights in relation to the access and the use of your personal health information. For more information about your rights or how the NHS uses your personal information in accordance with the General Data Protection Regulation visit: www.nhsinform.scot/confidentiality
www.nhsinform.scot/data-protection
www.informationgovernance.scot.nhs.uk/use-of-your-immunisation-data/

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