

# Your Newcastle COVID-19 vaccination guide

Language: English

**Getting vaccinated  
is the best way to  
protect yourself and  
your community**



# Who can get a COVID-19 vaccine?

You can get the COVID-19 vaccine if you're aged 18 or over.

You will be contacted by the NHS or Newcastle City Council's Welfare and Wellbeing team when you are able to get the vaccine, with details on how to book.

If you haven't been contacted and you're in an eligible group then you can book your appointments online by visiting [www.nhs.uk/CovidVaccine](http://www.nhs.uk/CovidVaccine) or call 119 to book.

To find out if you are eligible, visit [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/who-can-get-the-vaccine/](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/who-can-get-the-vaccine/)

**If you need support booking your vaccine appointment our Welfare and Wellbeing team can help, 0800 170 7001 (this is a freephone number)**



You may also be contacted by a local Community Champion or receive a text message/call from our Welfare and Wellbeing team to receive your jab on the Vaccine Outreach Bus. Drop-in opportunities may also be available

# How to book your COVID-19 vaccination appointments

There are three ways to get a COVID-19 vaccine in Newcastle if you're eligible:

- book online now for appointments at a vaccination centre or a pharmacy, or call 119
- wait to be contacted or invited by your GP surgery and book your appointments at your local GP vaccine centre
- our Vaccine Outreach Bus with NHS staff is visiting local areas delivering vaccinations. You may be offered appointments for the bus but drop-in opportunities will also be available

The currently available vaccines are given in 2 doses. You usually have the 2nd dose 8 to 12 weeks after the 1st dose. It is very important to have both doses to be fully vaccinated. If you book your appointments online, you can view, cancel or rebook them if you need to.



**Book or manage your COVID-19 vaccination appointment**  
online: [www.nhs.uk/CovidVaccine](https://www.nhs.uk/CovidVaccine)  
or call 119

If you book online, you'll need to book appointments for both doses at the same time otherwise you may be unlikely to receive your first dose. You can manage your COVID-19 vaccination appointments to view, cancel and rebook your appointments.

If you have your 1st dose through your GP surgery, you'll be contacted when it's time to book your 2nd dose.

Remember - if you book your second dose online you can always change the appointment to something more convenient. It is important you get your first dose booked.

# Types of COVID-19 vaccines

The COVID-19 vaccines currently approved for use in the UK are:

- Pfizer/BioNTech vaccine
- Oxford/AstraZeneca vaccine
- Moderna vaccine

## Can I choose which vaccine I have?

You cannot usually choose which vaccine you have. You will be offered the best vaccination for you, depending on your age and medical history.

You will only be offered a specific vaccine if you're either:

- pregnant
- aged under 40 and do not have a health condition that increases your risk of getting seriously ill from COVID-19

If this applies to you, you'll only be shown appointments for the Pfizer/BioNTech or Moderna vaccine when you book your COVID-19 vaccination.

If you book through your GP surgery, tell them if you're pregnant or under 40.

You should have the same vaccine for both doses, unless you had serious side effects (such as a serious allergic reaction) after your 1st dose.

# How well do the COVID-19 vaccines work?

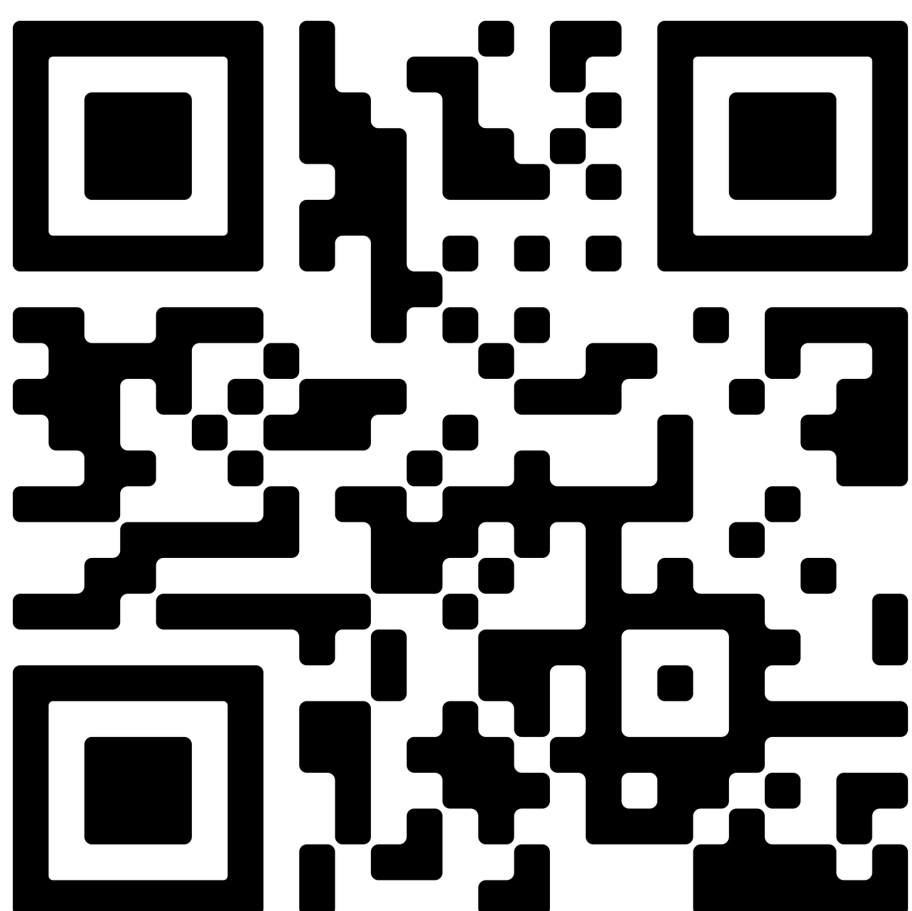
Anyone who gets COVID-19 can become seriously ill or have long-term effects (long COVID). The COVID-19 vaccines are the best way to protect yourself and others.

Research has shown the vaccines:

- significantly reduce your risk of getting seriously ill or dying from COVID-19
- reduce your risk of getting symptoms of COVID-19
- will help reduce your risk of catching and spreading COVID-19

The 1st dose should give you good protection from 3 or 4 weeks after you've had it. You need 2 doses for stronger and longer-lasting protection.

You are much less likely to be seriously ill and may have no symptoms at all if you are vaccinated. This means you are protected but could unknowingly spread it to a family member, friend or colleague.



**Scan the QR Code to watch an NHS YouTube video explaining what's in the COVID-19 vaccines and how they work**



# COVID-19 vaccines safety and side effects

The COVID-19 vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness.

They can cause some side effects, but not everyone gets them.

Any side effects are usually mild and should not last longer than a week, such as:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- feeling or being sick

More serious side effects are very rare.

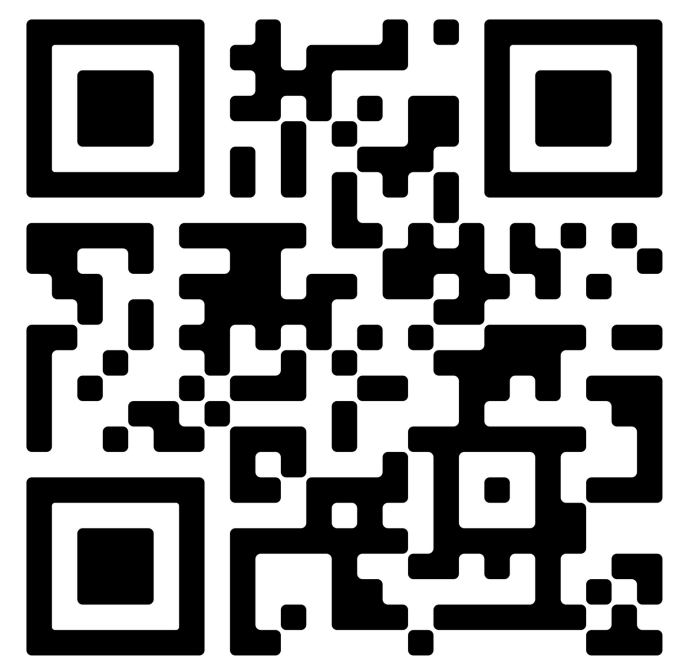
## Pregnancy, breastfeeding and fertility

You can have a COVID-19 vaccine if:

- you're pregnant or think you might be
- you're breastfeeding
- you're trying for a baby

The vaccine cannot give you or your baby COVID-19.

There's no evidence that the COVID-19 vaccines have any effect on your chances of becoming pregnant. There's no need to avoid pregnancy after vaccination.



Scan the QR Code to watch a Public Health video on COVID-19 vaccine guide for pregnancy and fertility

# What's in the COVID-19 vaccines?

The COVID-19 vaccines do not contain egg or animal products.

The Oxford/AstraZeneca vaccine contains a tiny amount of alcohol, but this is less than in some everyday foods like bread.

The vaccines are suitable for people of all faiths.

The Catholic Church have said the vaccines are acceptable and can be morally justified.

The British Sikh community supports the vaccine.

The Hindu Council actively encourages members of the community to take the vaccine.

The Church of England says that all vaccinations can be used with a clear conscience.

The British Islamic Medical Association has considered all varieties of the vaccine and recommends that Muslims have the vaccine. The Muslim Council of Britain has confirmed that all varieties of the vaccine are Halal.

Jewish doctors in the UK have signed a letter to confirm that the vaccines do not contain any ingredients that are not kosher. Orthodox Jewish groups have also encouraged their members to get vaccinated.

# Looking after your Welfare and Wellbeing

Newcastle City Council's Welfare and Wellbeing team are at hand if you are self-isolating, are clinically extremely vulnerable and require advice, need help booking your vaccination appointment or just feel you could do with some extra help.

The team can talk you through how long to isolate for, and what you can and cannot do if you are clinically extremely vulnerable. They can match you to a volunteer to do your shopping, walk your dog, or phone you to check you're doing okay.

The team can signpost you to food banks who can help you with free or low cost food, and in an emergency, may be able to provide a food parcel. They can also refer you to the council's finance teams who can offer advice and support around debt, budgeting, benefits and other financial issues.

## Contact the Welfare and Wellbeing team

To get support, please complete this online form or visit [www.newcastle.gov.uk/welfare](http://www.newcastle.gov.uk/welfare)

Alternatively, call 0800 170 7001 and someone can complete the form on your behalf.