

Your Newcastle COVID-19 vaccination guide

Language: English | Information correct at time of publication: 13/12/21

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



Why get the COVID-19 vaccine?

All adults in England have now been offered at least 2 doses of a COVID-19 vaccine. The vaccines are safe and effective.

Getting fully vaccinated is the best way of protecting yourself and others against COVID-19.

If you have not yet received the COVID-19 vaccine, it is recommended that you get the vaccine as soon as possible.

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:

- reduce your risk of getting seriously ill or dying from COVID-19
- reduce your risk of catching or spreading COVID-19
- protect against COVID-19 variants

The first 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 have had at least two doses.

Everyone, who is able, is urged to get a booster jab. It is the best defence we have against the highly transmissible new variant Omicron.

Who can get the COVID-19 vaccine?

The Covid-19 vaccine is recommended for most people aged 12 and over.

You may be contacted by the NHS or the school aged immunisation service when you are able to get the vaccine.

If you haven't been contacted and you're in an eligible group, then you can book your appointments online, or you may be able to attend a walk-in service.



People aged 18 and over can get a first, second, and booster dose of a vaccine.

After you have had the first dose you will be invited for your second appointment. Your next appointment should be around 8 to 12 weeks later.

Although the first dose will give you good protection, you need the second dose and a booster jab to get longer lasting



Anyone 12 or above whose immune systems are weakened are being offered a THIRD primary COVID-19 vaccination instead of just two doses.

The third vaccination is NOT the same as a booster.

After the third dose you will also need a booster dose.



The NHS is offering COVID-19 vaccine to children and young people aged 12 to 17 years.

People aged 16 or over are eligible for a 2nd dose. Most people aged 16 or 17 should have their 2nd dose from 12 weeks after their 1st dose.

Young people at greater risk of serious illness if they catch COVID-19 will need 2 doses of the vaccine, 8 weeks apart.

All other young people will be offered 2 doses of the vaccine 12 weeks apart, when eligible.



Pregnant women may be at higher risk of being unwell with COVID-19. If you are pregnant, you can be vaccinated against COVID-19 to protect you and your baby. The vaccines cannot give you or your unborn baby the coronavirus infection. Experts advise that breastfeeding women can have the vaccine.

The vaccine will not affect your fertility.



No one can go into a care home (where people live and get nursing or personal care) if they have not had at least 2 doses of the Covid vaccine. This is the case for any care home registered by the Care Quality Commission (CQC).



The booster jab will ensure that you have the best protection from COVID-19 that lasts throughout the winter.

People aged 18 years and over, and those aged 16 years and over who are at risk (including health and social care workers) will be offered a booster dose of COVID-19 vaccine.

The booster is being offered to those most vulnerable first and will then be rolled down to younger age groups. Your appointment should be at least 3 months from your last dose, but you may be called later depending on your age group.



This third dose is being offered to all those aged 12 years and older who had a weakened immune system around the time they had their first 2 doses of the COVID-19 vaccine. This third dose may help to improve your immune response and give you better protection. Your specialist can advise whether this applies to you.

You will need 1 extra dose to improve your protection. Your extra (third) dose should be given at least 8 weeks after your second dose. After that you will also need a booster dose to extend your protection – this should be given around 3 months after your extra (third) dose.

How to get your Covid-19 vaccination

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

- book online now for appointments at a vaccination centre or at a community pharmacy, or call 119
- wait to be contacted or invited by your GP surgery and book your appointments at your local GP surgery or vaccine centre
- Accubook is an online system that Newcastle GP Services use to text out to patients and invite them to book an appointment. Invites are via text using GP lists and sent to those who are eligible
- at a Vaccine Outreach Bus or pop-up site. NHS staff are visiting local areas delivering vaccinations on a drop-in basis
- SAIS, the school aged immunisation service is now delivering vaccines in the school setting

If you are eligible for two doses of the vaccine you will be offered the second dose 8 - 12 weeks after the first dose.



Book or manage your COVID-19 vaccination appointment online: [Coronavirus \(COVID-19\) vaccines - NHS \(www.nhs.uk\)](https://www.nhs.uk/coronavirus/covid-19/vaccines) or call 119

You can also manage your COVID-19 vaccination appointments; view, cancel, and rebook your appointments at the webpage above.

To find out if you are eligible, visit:

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/who-can-get-the-vaccine/

For drop-in clinics visit:

www.newcastle.gov.uk/covidvaccine

If you need support booking your vaccine appointment our Welfare and Wellbeing team can help, call freephone 0800 170 7001



You may also be contacted by a local Community Champion or receive a text message, or a call from the local authority Vaccine Team to receive your jab on the Vaccine Outreach Bus.

Drop-in opportunities are available, see above



**Scan the QR code for
COVID-19 vaccination
easy-read leaflets**

Types of COVID-19 vaccines

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

- Moderna vaccine
- Oxford/AstraZeneca vaccine
- Pfizer/BioNTech vaccine
- Janssen vaccine (available later this year-2021)

Can I choose which vaccine I have?

You cannot usually choose which vaccine you have. When you book, you'll only be offered appointments for vaccines that are suitable for you.

Most people can have any of the COVID-19 vaccines, but some people are only offered certain vaccines.

For example:

- if you're pregnant or under 40 you'll usually be offered appointments for the Pfizer/BioNTech or Moderna vaccines
- if you're under 18, you'll only be offered the Pfizer/BioNTech vaccine

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

Most people will be offered a booster dose of the Pfizer/BioNTech vaccine or Moderna vaccine.

This means your booster dose may be different from the vaccines you had for your first and second doses.

Some people may be offered a booster dose of the Oxford/AstraZeneca vaccine if they cannot have the Pfizer/BioNTech or Moderna vaccine.

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.

Although the overall risk from COVID-19 disease in pregnant women and their new babies is low, in later pregnancy some women may become seriously unwell and need hospital treatment. Therefore, it is important that pregnant women have their vaccination as soon as they are invited.

Hospital admission and severe illness may be more common in pregnant women than in women of the same age who are not pregnant. Women with COVID-19 disease are more likely to have their babies early than women without COVID-19.

Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.

For more information visit:

www.rcog.org.uk/globalassets/documents/guidelines/2021-02-24-combined-info-sheet-and-decision-aid.pdf

Children and young people aged 12 to 17

Eligibility and timing of vaccination

The NHS is offering COVID-19 vaccines to children and young people aged 12 to 17 years.

People aged 16 or over are eligible for a 2nd dose. Most people aged 16 or 17 should have their 2nd dose from 12 weeks after their 1st dose.

Young people at greater risk of serious illness if they catch COVID-19 will need 2 doses of the vaccine, 8 weeks apart.

All other young people will be offered 2 doses of the vaccine 12 weeks apart, when eligible.

Which vaccine you will be offered

Currently the vaccine licensed for children and young people is the Pfizer vaccine. This is what all children and young people will be offered.

Consent

You will probably want to share information about the vaccine with your parents and discuss it together.

If you are being offered the vaccination at school, you may be given a consent form that your parent or guardian should sign giving permission for you to have the vaccination.

The nurse or GP will discuss the COVID-19 vaccine with you at your appointment and will be able to answer any questions you may have.

Booster jabs

Why you are being offered a COVID-19 booster

Like some other vaccines, levels of protection may begin to wane over time. This booster dose will help extend the protection you gained from your first 2 doses and give you longer term protection.

The booster will help to reduce the risk of you needing admission to hospital due to COVID-19.

People aged 18 years and over, and those aged 16 years and over who are at risk (including health and social care workers) will be offered a booster dose of the COVID-19 vaccine. The NHS will contact you when it is your turn to have a booster.

Timing of booster

The booster is being offered to those most vulnerable first and will then be rolled down to younger age groups. Your appointment should be at least 3 months from your last dose, but you may be called later depending on your age group.

[Book or manage your coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Which vaccine you will be offered

You will be given a booster dose of either Pfizer or Moderna vaccine. These vaccines have already been given to millions of people in the UK.

You will be offered the right vaccine for you, which may be the same or different from the vaccines that you had before.

It is very important to have both doses and to get a booster jab, if eligible.

The booster is being offered to those most vulnerable first and will then be rolled down to younger age groups.

Your appointment should be at least 3 months from your last dose, but you may be called later depending on your age group.

Third dose vaccinations

What is a third dose?

Those with weakened immune systems are being offered a THIRD primary COVID-19 vaccination instead of just two doses.

The third vaccination is NOT the same as a booster.

It is a top up because while the first two doses will have offered some protection, they may not have generated a full immune response as they do in those who do not have weakened immune systems.

Who will get a third vaccine dose?

Children aged 12 years and over and adults whose immune systems are weakened, which means they are less able to fight off infection.

When is the third dose given?

The third dose should be given at least eight weeks after the second dose, but timing will depend on any treatment you may be having.

If I have a third dose, will I need a booster?

You will also need a booster dose to extend your protection – this should be given around 3 months after your extra (third) dose.

Why is this being called a third dose and not a booster?

A third dose is a top up for those who may not have had a full immune response from the first two doses. The aim is to give you a similar level of protection as someone without a weakened immune system who has had two doses. A booster is an extra dose to help people who have had two doses retain their immunity, maximising their protection against COVID-19.

COVID-19 booster vaccine and flu vaccine

Most people who can get a COVID-19 booster vaccine are also eligible for the annual flu vaccine. If you are offered both vaccines, it's safe to have them at the same time.

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

BE CONSIDERATE. BE CAUTIOUS. BE KIND.



Wear a mask



Wash hands



Make space



Get vaccinated



Let fresh air in



Get tested & isolate

Looking after your Welfare and Wellbeing

Newcastle City Council's Welfare and Wellbeing team are at hand if you are self-isolating, are Clinically 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. 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

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