

Groundswell

Out of homelessness



CORONAVIRUS (COVID-19)

After my vaccine

(February 2021)

How is the vaccine working?

The vaccine **reduces your chance of getting seriously ill from COVID-19**. The vaccine stimulates the body's immune system to produce its own protection (antibodies) against the COVID-19 virus.

Can I still catch and pass on COVID-19?

Possibly, but much less likely than if you hadn't had the vaccine. **There is not enough evidence to know whether it will stop you catching and passing on the virus, but it will reduce the risk.**

You should **follow the Government guidelines on COVID-19 restrictions even if you have had the vaccine**. This includes social distancing, hand washing and wearing a face mask. Find latest advice and restrictions here: <https://www.gov.uk/coronavirus>.

Will the vaccine protect me against new variants of COVID-19?

Yes. The vaccines that have been developed and approved for use **still work against the new variants of COVID-19**.

What are the side effects of the COVID-19 vaccine?

Like all vaccines, there can be some common side effects including:

- Tenderness, pain, warmth, redness, swelling or pain where the injection is given in your arm
- feeling feverish, in pain, tired or generally unwell
- headache and nausea

These are all signs the vaccines is working and the immune system is responding. Paracetamol can alleviate these side effects. These side effects should not last longer than a week. If your symptoms get worse or you are concerned call NHS 111 and tell them that you have had the COVID-19 vaccine.

What about long-term effects?

From the millions of people worldwide who have been vaccinated through the rollout or trials, no long-term side effects have been reported. It is true for every medicine and vaccine produced that you can't be certain long-term effects won't develop. **On the whole the risk of long-term side effects are much lower than the risk of COVID-19.**

How many times in my life will I have to have the vaccine?

The vaccine is administered in **two doses**. Your second dose will be 3-12 weeks after your first, **it is important to have both doses to get the best protection**. You should have been given details of your second dose after your first vaccine. If you are unwell you should re-schedule your vaccine appointment.

It is likely that it will be like the flu vaccine where there is an annual vaccination cycle as the vaccine is tweaked depending on the strains of the virus circulating.

More information

- Groundswell and partners COVID-19 vaccine information: www.groundswell.org.uk/the-covid-19-vaccine/
- COVID-19 guides for people experiencing homelessness: www.groundswell.org.uk/coronavirus
- NHS information on the COVID-19 vaccine: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/