

# Groundswell

Out of homelessness



## CORONAVIRUS (COVID-19) Vaccination information (Version 1 - February 2021)

### How do I get the COVID-19 vaccine?

The easiest and quickest way for you to get the COVID-19 vaccine is through a GP.

**If you are registered with a GP:** make sure your contact details (or the details of someone who usually supports you) are up to date. Wait to be contacted.

**If you are not registered or have been refused:** register using the [NHS website](#) or ask a support worker for help.

**You do not need an address or ID to register with a GP.** Your immigration status does not matter.

**The COVID-19 vaccine protects you from serious illness.**

1 dose of the vaccine will give you good protection. You need to have 2 doses for it to last over a longer period.

The vaccine protects you, but you can still spread COVID-19 to people who haven't had the vaccine - even if you have no symptoms. To keep all of us safe, we need to keep following government guidance.

**Remember: Hands, Face, Space.**

### Keeping all of us healthy and safe: who is getting the COVID-19 vaccine first?

People are being prioritised for the vaccine based on their **age, work** and existing **health conditions**. People **aged 70+**, and **health and social care workers** will be vaccinated in January and February.

People with health conditions that affect the lungs (such as COPD), kidneys and some cancers are also getting vaccinated first. **This includes people who have been told to shield, or that they are Clinically Extremely Vulnerable (CEV).**

These health conditions mean that you are more at risk of COVID-19 making you seriously ill. The full list of CEV health conditions is on the [NHS website](#).

**If you are more at risk, or think you might be, talk to a support worker about how to get vaccinated first.**

After the first groups of people are covered, vaccinations will continue by age group.

### How is the COVID-19 vaccine given?

The vaccine is an **injection** given in your **upper arm**. It will be given in **2 doses**. The second dose will be given 3 to 12 weeks after the first.

Some people might get a sore arm or feel tired or achy after their injection.

### The COVID-19 vaccine is safe.

There are 2 types of vaccine available in the UK. More are being developed. Both have been **approved for use in the UK** which means they have **met strict standards of safety, quality and effectiveness** like all other vaccines.

### Tell us what you think.

If you would like to share your experiences and concerns around the COVID-19 vaccine **please contact Mat to give an anonymous telephone interview: 07595602324 or [mat.amp@groundswell.org.uk](mailto:mat.amp@groundswell.org.uk)**. You will be given a £10 voucher as thanks for your time.

*This guidance will be updated regularly in line with government announcements.*