

Groundswell

Out of homelessness



CORONAVIRUS (COVID-19)

The 2nd COVID vaccine dose

May 2021

What is the 2nd vaccine dose?

The COVID vaccine stimulates the body's immune system to produce its own protection (antibodies) against the COVID-19 virus.

Having the vaccine reduces your chances of getting seriously ill or dying, and passing it onto others.

The vaccine is given to people in two doses. The first dose gives you a good level of protection.

The second dose is generally given 12 weeks after the first. It makes your protection against the virus even better. It is important you have both vaccines to ensure you have the best level of protection.

Who is this leaflet for?

Anyone who has already had their first vaccine dose or wants to know more about the vaccination process.

If you haven't had your first vaccine dose you still can, it's not too late – talk to a support worker, your GP or a clinician vaccinating at your service.



How/where will I get my 2nd dose?

There are several different ways this may happen.

1. You may get a text or letter from your GP. You can then book your vaccine via your GP or online.
2. A vaccination team may come to your accommodation or a local service. If you are unsure whether this is happening near you, speak to your support worker to find out if there are plans for this.





What if I've moved since my 1st dose?

If you have moved into a new area or service since your first vaccine dose, you will be able to get your second dose.

Depending how far you have moved you may be encouraged to go back to your previous location or be supported to have the vaccine in your new area.

Try to get as much information as possible to prove you have had your first vaccine dose, such as the date and location you had it, and the vaccine type. This may take time but don't worry, you'll still be able to get the second dose after 12 weeks.

Ask your support worker to help with managing this process if needed.

What if I'm due my 2nd dose but have heard nothing?

If it's coming up to 12 weeks since your first vaccine dose and you haven't heard anything:

1. Speak to your support worker to find out if there is a team coming to your accommodation or a local service.
2. Check that your GP has your up-to-date contact information by speaking to them or asking your support worker to.
3. If you are rough sleeping or are not linked up to a GP or support worker, we recommend that you contact support staff from a day centre, outreach team or local support service and let them know your situation.

Will I get side effects?

You are less likely to get side effects from the second vaccine dose if you didn't the first time. This is because of the protection you have built up against the virus after the first dose.

You may still experience some symptoms such as tenderness, pain, warmth, redness, swelling in your arm; feeling feverish, in pain, tired or generally unwell.

If the symptoms worsen or don't go after 7 days call NHS 111.

Continue to follow local restrictions

While the chance of you passing on the virus is much lower once you have had your two vaccine doses, it is still possible.

Therefore **keep following the COVID-19 restrictions in your area** such as regular hand washing, wearing a face mask and social distancing. You can check what these are online: www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do.



Get tested regularly

Even if you've had the vaccine and have no symptoms of COVID-19, having the free 'rapid lateral flow' tests twice a week is recommended. If you have symptoms, it is very important you get tested using a 'PCR' test.

You can find out about how to get tested online at www.gov.uk/coronavirus or speak to your support worker for help.

A reminder of the symptoms of COVID-19:

- a high temperature
- a new or continuous cough
- a loss or change to your sense of smell or taste.