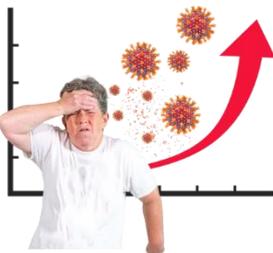




Protect yourself from Coronavirus (Covid-19)



Coronavirus cases are rising in England



The best way to stop getting the Coronavirus is to have the **Covid-19 vaccine**

The **Covid-19 vaccine** is an injection that will help protect you from catching Covid



You need to have an injection in your arm
Then another one a few weeks later.

This will not hurt, it will be like a little scratch
The vaccine can only be given with an injection



Why it's important to get your Covid vaccination



Catching Covid can be serious. Some people died from it and it also may lead to long term health problems.



Some people have Covid without getting any symptoms. If you don't have symptoms you could pass it on to people you live with and people you see, and they could still become very ill from it.

Will the vaccine keep me safe?



If you have the vaccination you are less likely to get Covid

It will take a few weeks before the vaccine starts to work properly



Some people may still get Covid even though they have had the vaccination, but it should be a milder illness

Does the vaccine have side effects?



The vaccine can cause side effects - this is nothing to worry about

Not everyone gets side effects and these are usually very mild

Side effects are things like

- feeling tired
- a headache
- a painful or tender arm where you had your injection
- your arm might feel heavy
- general aches, or mild flu like symptoms



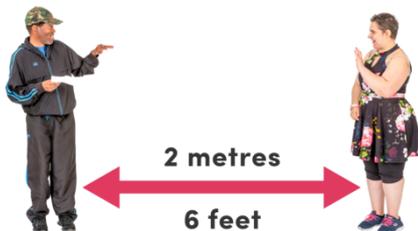
Can I catch Covid-19 from the vaccine?



You cannot catch Covid from the vaccine

Staying safe

After your vaccination you must continue to protect yourself, your family and friends



You must still Keep **2 metres** away from people you don't live with, where possible - try to avoid hugging people



You must still wear a face covering or mask in indoor public spaces unless you have a medical reason not to

You must still Wash your hands often and for **20 seconds**

If you are worried about the Covid vaccine you can talk to your support worker or named worker



We all hope that the vaccine will help life go back to normal