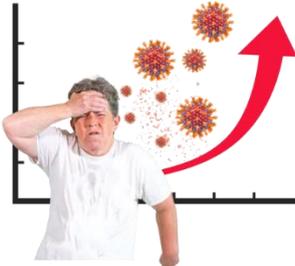




# Protect yourself from Covid



Covid cases are rising in England



The best way to avoid getting Covid is to have the **Covid vaccine**

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



You will need to have an injection in your arm

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 and may lead to long term health problems

These are more common in older people or those with underlying health conditions



You can have Covid without any symptoms and pass it on to family and friends

## 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 from the vaccine?

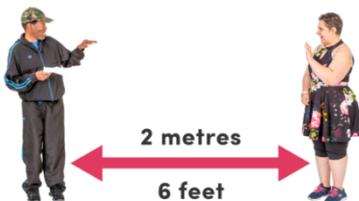
**You cannot catch Covid from the vaccine**

## Staying safe

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

You can still visit your family or friends

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





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



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