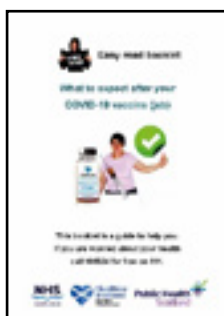




Easy read booklet

Important information about the COVID-19 vaccine (jab) for children and young people aged 12 to 17 years old



There is important information on side effects to read before you get your vaccine (jab) in the easy read booklet **What to expect after your COVID-19 vaccine.**

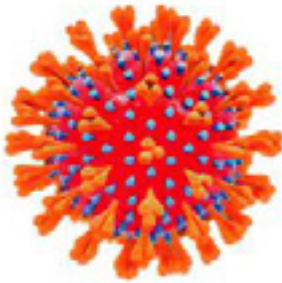


What this booklet tells you about

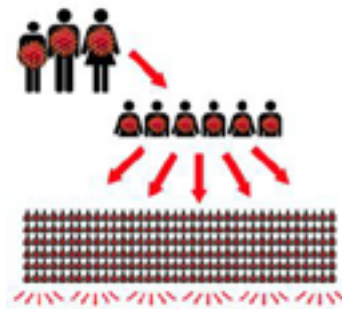


This booklet tells you about the **COVID-19 vaccine (jab)**. A **vaccine** is a medicine that helps keep people safe and well.

You might hear people talk about a vaccine as a jab or an injection.



COVID-19 is an illness caused by a **virus**. A **virus** is what we call the tiny germs that cause an illness.



It is easy to catch COVID-19 and pass it on to other people.



COVID-19 can make you very ill.

Getting the vaccine could stop you from becoming very unwell and ending up in hospital.

How COVID-19 makes you feel



The way an illness makes you feel is called **symptoms**.



The **common** symptoms of COVID-19 are

- a new **continuous** cough. **Continuous** means a cough that does not stop
- a **fever**. A **fever** is when you feel hot and have a **high temperature**. This means you are hotter than 37.8°C
- you can not smell or taste like normal.



Common means symptoms that happen to a lot of people.



Some people get COVID-19 and do not have any symptoms and feel normal.



These people can still spread COVID-19.



If you have symptoms of COVID-19 you should **self-isolate** and book a COVID-19 test.



Self-isolate is when you stay at home because you have or might have COVID-19.



To book a COVID-19 test go to this website **www.nhsinform.scot/testing**

COVID-19 in children and young people



Most children and young people who get COVID-19 do not get very ill.

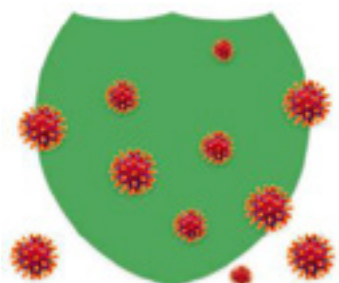


Some might be ill for longer than the usual time of 2 to 3 weeks.

A few children and young people might get very ill and need to go to hospital.



Children and young people with COVID-19 can pass it on to their families and people around them even if they are not very ill themselves.



The vaccine (jab) helps to protect from COVID-19.

How the vaccine (jab) protects you



The vaccine (jab) **reduces your risk** of getting very ill from COVID-19. **Reduces your risk** means you are less likely to get very ill.



The vaccine (jab) protects you and the people around you from COVID-19.



3 to 4 weeks

The vaccine (jab) starts to protect you 3 to 4 weeks after you get it.



The first dose should give good protection. The second dose helps to protect you for longer.

Who will get the COVID-19 vaccine (jab)



All children and young people aged 12 to 17 years old are being offered 2 **doses** of the vaccine (jab). **Doses** means each time you get the vaccine (jab).



12 weeks

Your second dose will be from 12 weeks after your first dose.

Pfizer/BionTech

The vaccine (jab) for children and young people is called Pfizer/BioNTech.

Children and young people at higher risk from COVID-19

Children and young people with some health conditions are at higher risk from COVID-19.



These health conditions include:

- diabetes
- heart conditions
- chest or breathing problems, like very bad asthma
- kidney, liver or gut disease
- a weak immune system because of treatments like steroids, chemotherapy or radiotherapy
- an organ transplant
- problems with the nervous system, like neurodisability or neuromuscular conditions
- a severe learning disability
- Down's syndrome
- problems with the spleen, like sickle cell disease, or having the spleen taken out
- epilepsy



- genetic conditions
- some types of cancer
- any other serious condition your doctor tells you about.



Talk to your doctor if you are not sure if you are at higher risk from COVID-19.



8 weeks

If you are at higher risk from COVID-19 your second dose will be around 8 weeks after your first dose.

You are at higher risk if you:

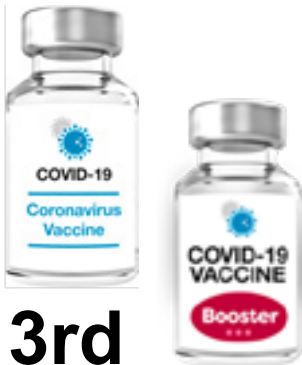
- have certain health conditions
- live with someone who has a serious health condition which affects their **immune system**. **Immune system** is how your body protects itself





- are 16 or 17 years and an unpaid carer
- are 16 to 17 years and are a health and social care worker.

Some children and young people aged 12 to 17 years who are at higher risk from COVID-19 will also offered a:



- third dose and a booster dose
- booster dose only.



To find out more go to this website:

<http://www.nhsinform.scot/covid19vaccineyoungpeople>

A third dose of the vaccine



3rd

You will be offered a third dose of the vaccine if you had a serious disease that affects your immune system around the time you had your first 2 doses of the vaccine.

A third dose will help improve your protection against COVID-19.



8 weeks

You can have your third dose from 8 weeks after your second dose.



If you have not had your first or second dose of the vaccine you should have them.

You can then have your third dose.



3rd

Your health specialist will tell you if you need a third dose and when to get it.



You will also need a booster dose to help protect you for longer.



12 weeks

You can have your booster dose 12 weeks after your third dose.



To find out more about the third dose go to this website:

www.nhsinform.scot/covid19vaccinethirddose

A booster dose



Some children and young people aged 12 to 17 years will be offered a booster dose.



This includes all children and young people:

- aged 16 to 17 years
- aged 12 to 15 years who are at higher risk from COVID-19 (see pages 8 to 11 for more information).



A booster dose will help protect you against COVID-19 for a longer time.



If you have not had all your previous doses of the vaccine you should have them.

You can then have your booster dose.



12 weeks

Your booster dose must be at least
12 weeks after your second dose.



For more information about the booster
dose go to this website

www.nhsinform.scot/covid19
vaccinebooster

Consent



Consent means giving your permission to do something.

You should discuss the information in this booklet with your parent or carer before having the vaccine (jab).



If you have any questions about having the vaccine (jab) or would like more information.



Go to this website

www.nhsinform.scot/covid19

[vaccineyoungpeople](https://vaccineyoungpeople.nhs.uk)

or call this phone number **0800 030 8013**

open from 8am to 8pm every day.



Or talk to the vaccination staff who can answer your questions.



For more information about consent go to this website

www.nhsinform.scot/consentunder16

Reasons not to get the vaccine (jab)



It is important to speak to your parent, carer, GP or other health professional supporting you about getting the vaccine (jab).



Most people can get the vaccine (jab).

For medical reasons, some people should not get the vaccine (jab).

Do not get the COVID-19 vaccine (jab) if:



- you have had a very bad **allergic reaction**, called **anaphylaxis**, to any of the ingredients in the vaccine (jab).
- you had a very bad **allergic reaction** to a previous dose of the Pfizer/BioNTech vaccine (jab).



An **allergic reaction** is when your body gets ill because of certain things, like a type of food or a medicine.



You can get your vaccine (jab) if you have a serious allergic reaction to something as long as it is not one of the **ingredients** in the vaccine (jab). **Ingredients** are the different things the vaccine (jab) is made of.



It is important to tell the person who gives you your vaccine (jab) about any serious allergic reactions you have had.

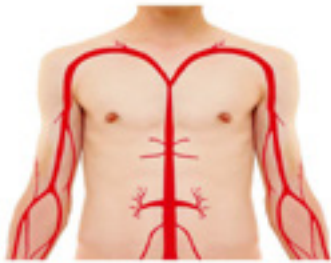


To find out the ingredients in the vaccine (jab) go to this website

www.nhsinform.scot/covid19vaccine

or call this telephone number **0800 030 8013**

If you take medicine to thin your blood or you have a bleeding disorder



If you take medicine to thin your blood it is safe for you to get the vaccine (jab) as long as your illness is **stable**. **Stable** means your illness is steady and under control.



You might take medicine called warfarin to thin your blood.



If you have a bleeding disorder talk to your doctor or the health worker supporting you to find out if you can get the vaccine (jab).



It is important to tell the person who gives you your vaccine (jab) about any medicine you take.

Is the COVID-19 vaccine (jab) safe



All medicines are tested to make sure they are safe to use.

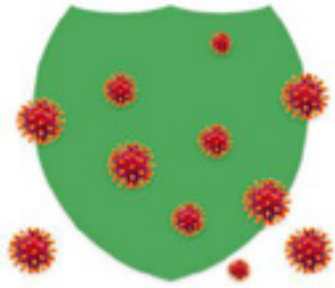
We will not use a vaccine (jab) unless it has been tested and we are sure it is safe.



The Pfizer/BioNTech vaccine (jab) is safe to be used for children and young people aged 12 to 17.



The vaccine (jab) does not give you COVID-19. It helps build up your **immunity**. **Immunity** means your body can protect itself from COVID-19.



It means if you do catch COVID-19, your symptoms will not be as bad.



If you have questions about the vaccine (jab) speak to your parent, carer or a health professional.

Your vaccine (jab)



The COVID-19 vaccine (jab) is an **injection** into the top part of your arm. An **injection** is when you are given medicine using a special needle.



If you are worried, tell the person who gives you your injection (jab).

They will understand and help you feel calm.



The rules about COVID-19 must be followed by you and by our staff when you get your vaccine (jab).

On the day of your vaccine (jab)



Wear comfortable clothes and make sure the top of your arm can be reached easily.

You can get the vaccine (jab)

- if you feel well
- if you feel a bit ill but do not have a fever.



Do not get your vaccine (jab) if you have symptoms of COVID-19.

You should self-isolate and book a COVID-19 test.

If you have had COVID-19 before



If you have had COVID-19 before, you should get your vaccine (jab).

Getting the vaccine (jab) will mean your symptoms will not be as bad if you catch COVID-19 again.



If you have just had a test that shows you have COVID-19 do not get your vaccine (jab).

You should wait 12 weeks before you get your vaccine (jab).

12 weeks



4 weeks

If you are at higher risk from COVID-19 you can have your vaccine (jab) 4 weeks after a positive test.

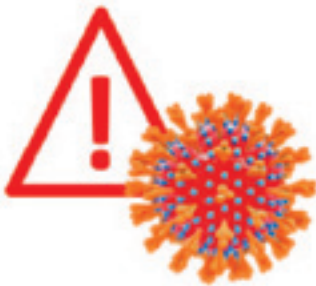
Side effects of the vaccine (jab)



Side effects are how a medicine like a vaccine (jab) might make you feel.



It is normal to get side effects after you get your COVID-19 vaccine (jab).



The side effects you might get from your vaccine (jab) do not make you as ill as COVID-19.



The side effects usually go away in a few days.



Let your parents or carer know if you are worried about side effects.



There is important information on side effects to read before you get your vaccine (jab) in the easy read booklet **What to expect after your COVID-19 vaccine.**

You may have a health professional supporting you and they can give you a copy of the easy read booklet.



Or go to this website
www.nhsinform.scot/covid19vaccine
leaflets



If you want to find out more about side effects go to this website
www.nhsinform.scot/covid19vaccine
sideeffects

After your vaccine (jab)



It is important you still follow the rules about COVID-19.

How to find out more



If you want to find out more about the COVID-19 vaccine (jab) go to this website
www.nhsinform.scot/covid19vaccine/youngpeople

or call this phone number

0800 030 8013

Open from 8am to 8pm every day.



If you want this booklet in a different format like Braille, audio, or another language send an email to
p hs.otherformats@p hs.scot



This booklet is written by
Public Health Scotland
1 South Gyle Crescent
Edinburgh EH12 9EB

The information in this booklet was correct when we wrote it.

For up to date information go to this website

www.nhsinform.scot/covid19vaccine