



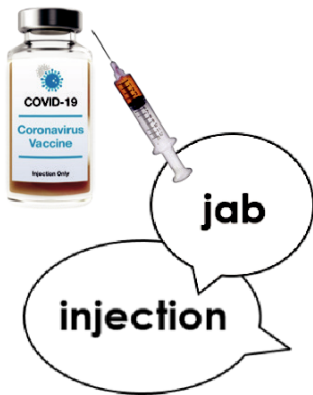
## Easy read booklet

# What you need to know about the COVID-19 vaccine (jab) for 18 years and over

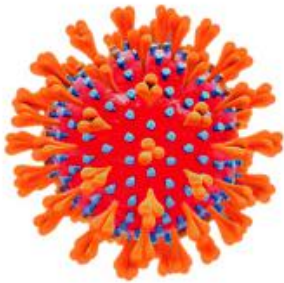


There is important information on side effects to read before you get your vaccine (jab) in the easy read booklet **What to expect after your COVID-19 vaccine.**

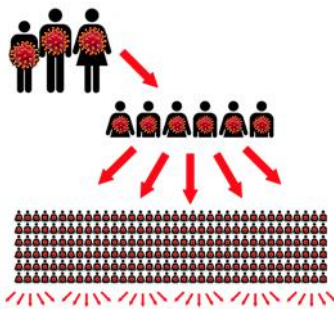
# What this booklet tells you about



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 **spread** COVID-19. This means it is easy to catch it and it is easy to pass it on to other people.



Anyone can catch COVID-19. It can make you very ill. Some people need to go to hospital if they catch it and some people die.

# How COVID-19 makes you feel



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



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

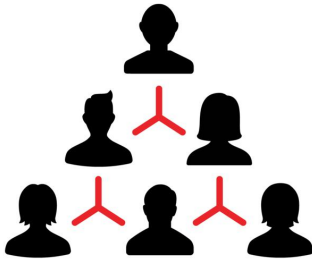
- a new **continuous** cough.  
**Continuous** means a cough that doesn't stop
- a **fever**. A **fever** is when you feel hot and have a **high temperature**. This means you are hotter than 37.8°C
- you can't smell or taste like normal.



**Common** means symptoms that happen to a lot of people.



Some people get COVID-19 and don't 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 test**.

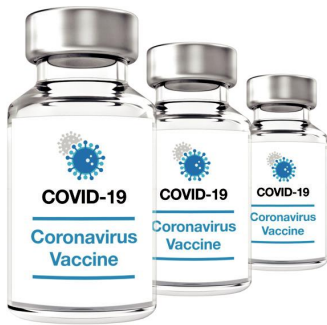


**Self-isolate** is when you stay at home because you have or might have COVID-19.



To book a COVID-19 test go to this website **[www.nhsinform.scot/testing](http://www.nhsinform.scot/testing)**

# About the COVID-19 vaccines (jabs)



There is more than one type of COVID-19 vaccine (jab). In the UK we use a few types of vaccines (jabs).



All the vaccines (jabs) we use are **approved**. **Approved** means they have been tested to make sure they are safe and work well.



The COVID-19 vaccine (jab) **programme** in the UK is going well. **Programme** means how and when we are giving the vaccine (jab) to everyone who lives in the UK.

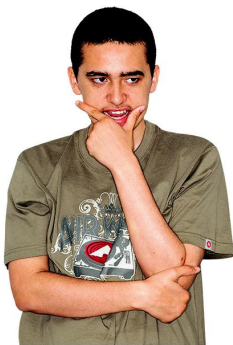


Millions of people in the UK have had the vaccine (jab). The vaccine (jab) has saved thousands of people's lives.

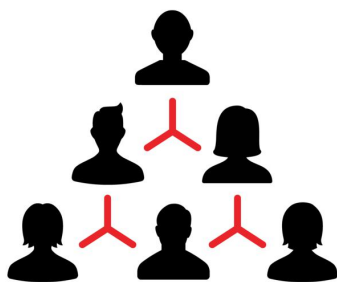
# How the vaccine (jab) protects you



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.



If you are healthy you can still catch COVID-19 and pass it on to other people, even if you don't have symptoms.



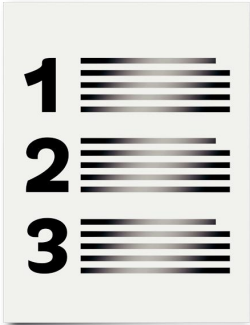
If you catch COVID-19 you can pass it on to the people you live with, your family, your friends and people around you.



The vaccine (jab) means less people will get very ill if they catch it. The vaccine (jab) helps to save people's lives.



# Who will get the COVID-19 vaccine (jab)



The Joint Committee on Vaccination and Immunisation (JCVI) help us decide which groups of people get the vaccine (jab) and when they get it.



Some people are more likely to get very ill from COVID-19. This is called being **at risk**. The JCVI says we should give the vaccine (jab) to people who are at risk first.



This means you might not get your vaccine (jab) at the same time as other people you know. We want you to get the vaccine (jab) as soon as it is offered to you.

# Side effects of the vaccine (jab)



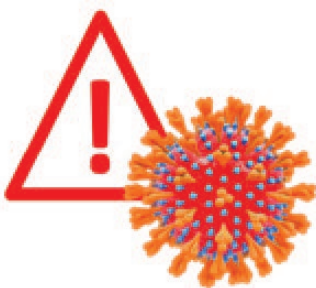
**Side effects** are how a medicine like a vaccine (jab) might make you feel.



Let your health professional know if you are worried about side effects.



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.



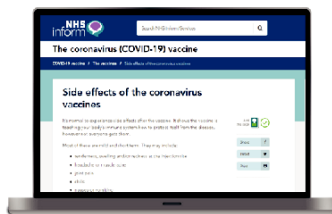


There is important information on side effects to read before you get your vaccine (jab) in the easy read booklet **What to expect after your COVID-19 vaccine.**

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](http://www.nhsinform.scot/covid19vaccine)  
 leaflets



If you want to find out more about side effects go to this website  
[www.nhsinform.scot/covid19vaccine](http://www.nhsinform.scot/covid19vaccine)  
 sideeffects

# Reasons not to get the vaccine (jab)



Most people can get the vaccine (jab).

Some people should not get the vaccine (jab).

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



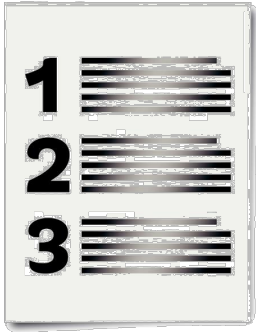
- you have an **anaphylactic reaction** when you have any of the **ingredients** in the vaccine (jab)
- you had an **anaphylactic reaction** when you got your first dose.



An **anaphylactic reaction** is a **serious allergic reaction**. **Serious** means very bad and dangerous for your health.



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



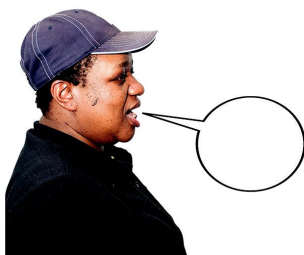
**Ingredients** are the different things the vaccine (jab) is made of.



The vaccine (jab) does not have any animal products or egg in it.



You can get your vaccine (jab) if you have a serious allergic reaction to something as long as it isn't one of the ingredients in the vaccine (jab).



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

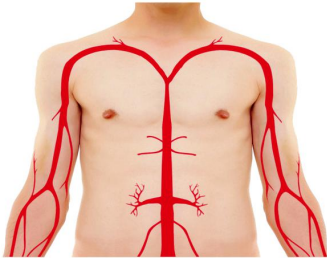
**[www.nhsinform.scot/covid19vaccine](http://www.nhsinform.scot/covid19vaccine)**

or call this telephone number

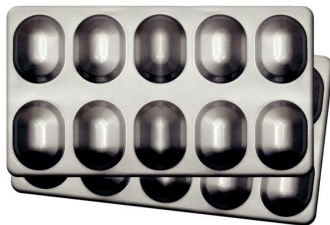
**0800 030 8013**

Open from 8am to 8pm every day.

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



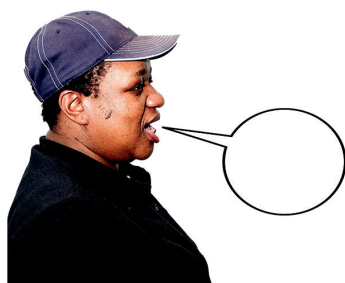
If you take medicine to thin your blood it is safe for you to get the vaccine (jab) as long as your illness is **stable**. **Stable** means your illness is steady and under control.



You might take medicine called **warfarin** to thin your blood.



If you have a bleeding disorder talk to your doctor or the health worker who looks after 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.

# About fertility and the vaccine (jab)



**Fertility** means how easy or difficult it is for a person to have children. The information we have about the vaccine (jab) shows it does not change fertility in women or men.



It is safe to get pregnant after getting the vaccine (jab).



# If you are pregnant or breastfeeding



We recommend that if you are pregnant you have the COVID-19 vaccine (jab). It is the best way to protect you and your baby from getting very ill from COVID-19.



We know the vaccines (jabs) cannot give you or your unborn baby COVID-19.



If you are breastfeeding or you plan to start breastfeeding you can keep breastfeeding before and after you get your vaccine (jab).



To find out more you can read our Easy Read booklet about the vaccine (jab) if you are pregnant or breastfeeding go to this website

[www.nhsinform.scot/covid19vaccineleaflets](http://www.nhsinform.scot/covid19vaccineleaflets)

or send an email to

[phs.otherformats@phs.scot](mailto:phs.otherformats@phs.scot)

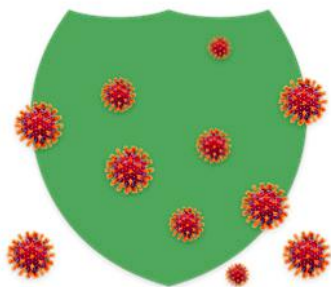
# Is the COVID-19 vaccine (jab) safe



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 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 problems with your immune system you can get the vaccine (jab).

# How the vaccine (jab) is given to you



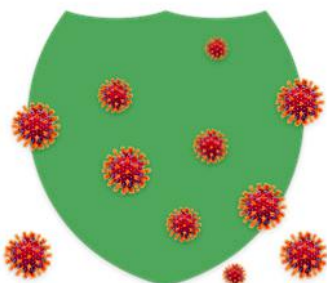
The COVID-19 vaccine (jab) is an **injection** into the top part of your arm. An **injection** is when you are given medicine using a special needle. This can also be called a jab.



Most people will get 2 doses of the vaccine (jab). The first dose starts to protect you 3 to 4 weeks after you get it. A **dose** means each time you get the vaccine (jab).

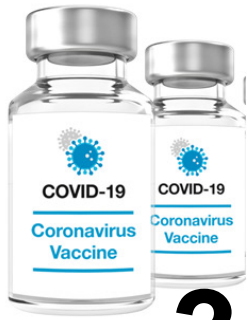


The second dose helps to protect you for longer. The Joint Committee on Vaccination and Immunisation (JCVI) say it is best to have a gap of 8 to 12 weeks between your first and second dose.



It is important to get 2 doses to protect yourself from COVID-19.

# A third dose of the vaccine



## 3rd

You will be offered a third dose of the vaccine if you have had a serious disease that affects your immune system.

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



At the moment you just need one extra dose to help improve your protection.



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

You can then have your third dose.



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

# A booster dose

All adults aged 18 and over will be offered a booster dose.



This includes:

- people who live in care homes
- people with health conditions
- carers
- health and social care workers
- people who live with someone who has a problem with their immune system

People at higher risk of COVID-19 will be offered their booster dose first.

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



The booster dose will be the Pfizer/BioNTech or the Moderna vaccine.



If you have not had your first or second dose 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.



You might also be offered the flu vaccine your appointment.



For more information about the booster dose go to this website

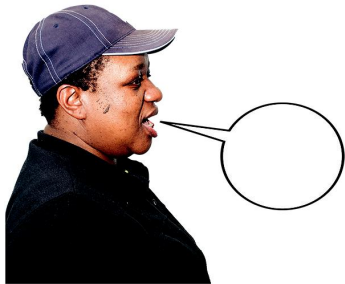
**[www.nhsinform.scot/covid19vaccinebooster](http://www.nhsinform.scot/covid19vaccinebooster)**



# Your vaccine (jab)



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



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



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)

- do get your vaccine (jab)
  - if you feel well
  - if you feel a bit ill but you 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.



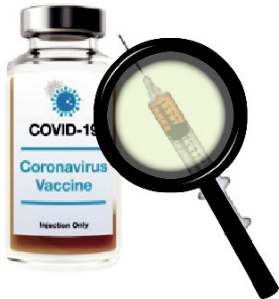
If you have had COVID-19 before you should still get your vaccine (jab).

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



If you have just had a test that shows you have COVID-19 don't get your vaccine (jab). You should wait 4 weeks before you get your vaccine (jab).

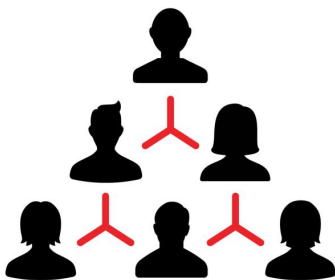
# After your vaccine (jab)



We are still learning about the COVID-19 vaccine (jab). We don't know how much it will help stop the spread of COVID-19.



You cannot catch COVID-19 from the vaccine (jab) but you can catch it before you get your vaccine (jab) and not know you've got it until afterwards.



This means you can still spread COVID-19 to other people after you get 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](http://www.nhsinform.scot/covid19vaccine)

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

[phs.otherformats@phs.scot](mailto:phs.otherformats@phs.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](http://www.nhsinform.scot/covid19vaccine)