

# What you need to know about the COVID-19 vaccine (jab)



## Protect yourself from COVID-19

**This booklet is a guide to help you.  
If you are worried about your health  
call NHS24 for free on 111.**



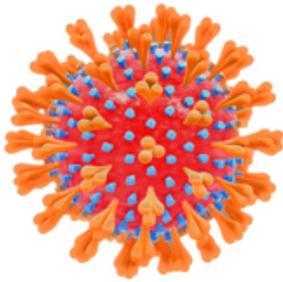
## Easy read booklet



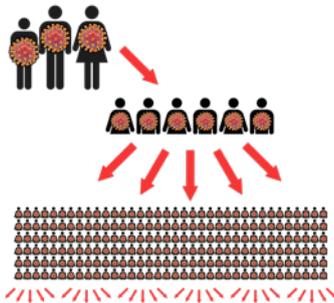
# What this booklet tells you about



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 a type of **virus**. A **virus** is what we call the tiny germs that cause an illness. COVID-19 can make you very ill. Some people die from it.



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.



It is important to get the vaccine (jab) as soon as you can to help protect you from COVID-19.

# How COVID-19 makes you feel



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

The main symptoms of COVID-19 are

- a new **continuous** cough. **Continuous** means a new 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.



Some people get COVID-19 and don't have any symptoms and feel normal. These people can still spread COVID-19.



To find out more about COVID-19 go to this website

[nhsinform.scot/covid19](https://nhsinform.scot/covid19)

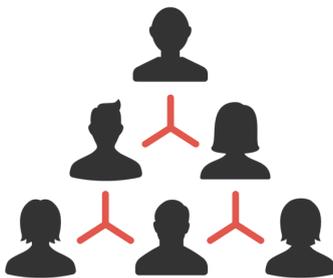
# How the COVID-19 vaccine (jab) protects you



If you are an older person or you have bad health problems COVID-19 can make you very ill.



If you are healthy you can still catch COVID-19 and pass it on to other people.



If you catch COVID-19 you can pass it on to the people you live with, your family, your friends and people around you. Some of these people might get very ill from COVID-19.



**The COVID-19 vaccine (jab) might help stop you catching COVID-19.**

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



Some people are more likely to get very ill from COVID-19 than other people. This is called being **at risk**.



People who are most at risk will get the vaccine (jab) first. The vaccine (jab) is free.



You will get the vaccine (jab) first if

- you live or work in a care home
- you are 80 years old or older
- you are a health and social care worker.



We want you to get the vaccine (jab) as soon as it is offered to you.

# 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 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 won't 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.



You get 2 **doses** of the vaccine (jab). A **dose** means each time you get the vaccine (jab). It is important to get 2 doses to protect yourself from COVID-19.



You get your second dose 21 to 28 days after your first dose. We will tell you when to come back for your second dose.



The rules about COVID-19 need to be followed when get your vaccine (jab). You can read about the rules on **page 15** of this booklet.

# Your vaccine (jab)



We will tell you what day you will get 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.



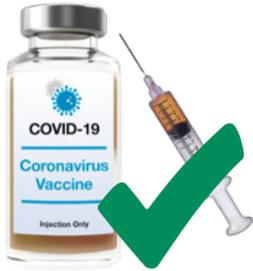
On the day of your vaccine (jab)

- If you feel well you can get your vaccine (jab)
- If you feel a bit ill but you don't have a fever you can get your vaccine (jab)
- If you have symptoms of COVID-19 don't get your vaccine (jab). **Self-isolate** and book a **COVID-19 test**.



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

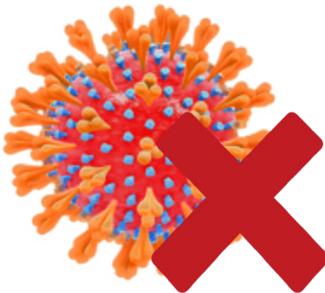
To book a **COVID-19 test** go to this website [nhsinform.scot/testing](https://nhsinform.scot/testing)



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



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



If you have just had a test that shows you have COVID-19 don't get your vaccine (jab).



You should wait 4 weeks after your test showed you had COVID-19 before you get your vaccine (jab).



Don't get the COVID-19 vaccine (jab) at the same time as other vaccines. You should wait 7 days between different vaccines.

# Reasons not to get the vaccine (jab)



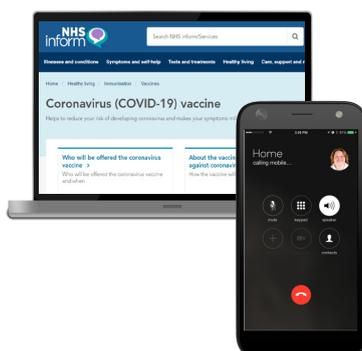
Don't get the vaccine (jab) if any of the **ingredients** in the vaccine (jab) have made you very ill before, or the first dose of your vaccine (jab) made you very ill.



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



The person who gives you your vaccine (jab) can answer any questions you have.



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

[nhsinform.scot/covid19vaccine](https://nhsinform.scot/covid19vaccine)

call this telephone number

**0800 030 8013**



Don't get the vaccine (jab) if you are **pregnant** or you want to get pregnant in the next 3 months. It has not been tested on pregnant women yet. **Pregnant** means you have a baby growing inside you.



If you find out you are pregnant after the first dose of your vaccine (jab) don't get the second dose until after you have your baby.



If you want to get pregnant wait at least 2 months after the second dose of your vaccine (jab) to get pregnant.



If you are breastfeeding don't get the vaccine (jab) until you finish breastfeeding.



To find out more you can read our Easy Read booklet about the COVID-19 vaccine (jab) and pregnancy.

Go to this website

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

or send an email to

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

# Side effects of the vaccine (jab)



A **side effect** is a symptom you might get after you take a medicine like a vaccine.

You might get side effects after you get your COVID-19 vaccine (jab). These are usually **mild** which means they are not bad.



**Common** side effects of the COVID-19 vaccine (jab) are

- soreness or redness where you had your injection (jab)
- headache
- aching muscles
- feeling tired
- fever.



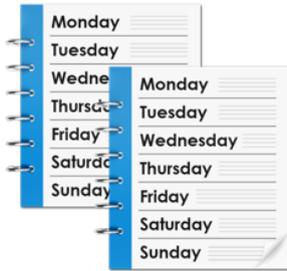
**Common** means these side effects happen to lots of people.



You can take paracetamol if you feel sore or you have a fever to help you feel better. Always read the label on the box before you take any medicines.



You might get **swollen glands** but this is not very common. **Glands** are parts of our bodies that fight illness. **Swollen** means your glands are bigger and painful to touch.



When your glands are swollen it means they are working hard to protect you. You might have swollen glands for 2 weeks.



You might get a fever. You **don't** have to self-isolate or book a COVID-19 test unless the fever lasts more than 2 days or you have other symptoms of COVID-19.



You **do** have to self-isolate and book a COVID-19 test if

- **NHS Test and Protect** contact you
- you live with someone who has just had a test that shows they have COVID-19
- you live with someone who has symptoms of COVID-19.



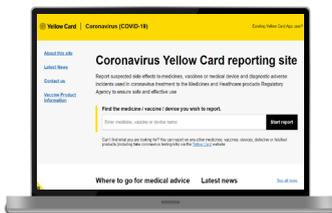
# Your side effects



You can tell **The Yellow Card Scheme** about your side effects.



This helps us learn about the vaccine (jab).



Go to this website

[coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk)



or call this phone number

**0800 731 6789**

Open from 9am to 5pm Monday to Friday.

# 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.



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



These rules are called **FACTS**

**F** Wear a **face** covering

**A** **Avoid** crowds

**C** **Clean** your hands often

**T** Keep a **two metre distance**

**S** **Self isolate** and book a test if you have **symptoms**.

# How to find out more



If you are worried about the COVID-19 vaccine (jab) or you want to find out more 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

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**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)