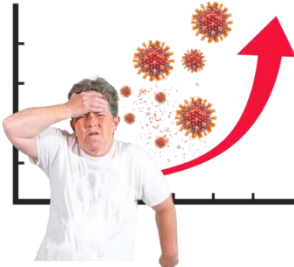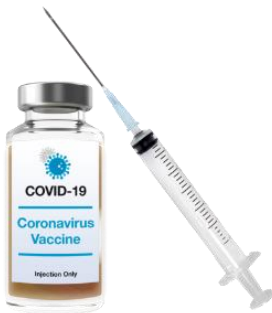# Protect yourself from Covid

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 need to have 2 injections in your arm
These need to be 21 to 28 days apart

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

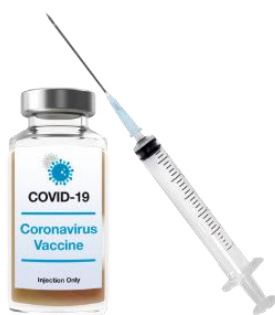# Why it's important to get your Covid vaccination

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

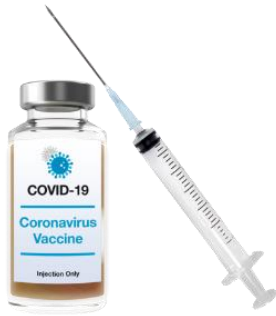# Will the vaccine keep me safe?

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
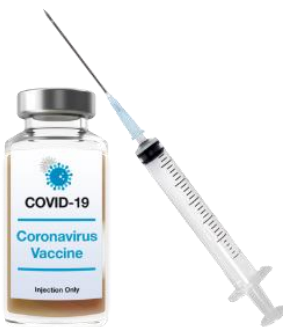
Does the vaccine have side effects?

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
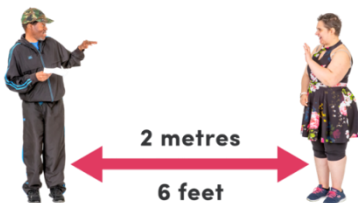
Can I catch Covid from the vaccine?

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