

Did you know that all care home staff must have both COVID-19 vaccinations by 11 November 2021?

To get them both before the deadline you must have your first dose by 16 September 2021.

To find your nearest vaccination walk-in clinic for your first or second dose, you can:

- Access the COVID-19 vaccination walk-in clinics across Essex:

North East Essex: www.sneevaccine.org.uk

Mid and South Essex: www.essexcovidvaccine.nhs.uk

West Essex: www.myhealthessex.co.uk

- Book an appointment through your GP
- Or The National Booking Service:
www.nhs.uk/conditions/coronavirus-covid-19
or by calling 119

**LET'S KEEP
COVID
IN CHECK**



The COVID-19 vaccines are safe and effective but most importantly they reduce the risk of passing the infection onto residents in care homes.

Thank you for your help in keeping care home residents safe.



Essex County Council

Do you have concerns about the COVID-19 vaccine but don't know who to ask?

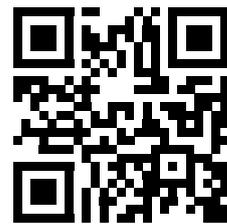
Millions of people in the UK and around the world have been vaccinated with one of the three COVID-19 vaccines authorised for use in the UK, but we understand that you might still be worried, so this is your chance to Ask the Experts:

Ask a GP – you can arrange to speak personally to a GP by contacting the **Essex Wellbeing Service on 0300 303 9988** or by email **provide.essexwellbeing@nhs.net**

Ask the **Director of Public Health for Essex, Dr. Mike Gogarty** by email **mike.gogarty@essex.gov.uk**

Come to our Ask the Expert session, where **Danny Showell, Public Health Consultant** will be answering your questions at a live Q&A session on **Wednesday 18 August** from **12.00pm to 1.00pm**.

To join simply scan the QR code and download the Microsoft Teams app on your phone or tablet, or click the link [here](#).



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Key facts about the vaccine:

Vaccine safety

- Only available on the NHS once they have been tested and approved by the UK regulator.
- Standard for testing vaccines is higher than other medicines because they are given to healthy people.
- World experts worked together quickly to make a safe and effective vaccine – but no corners were cut.

Pregnancy, breastfeeding and fertility

- No evidence to suggest that the vaccine affects male or female fertility.
- You can have the vaccine if you are pregnant, think you might be, or are trying for a baby.
- It is safe for breastfeeding mothers.
- Getting COVID-19 while pregnant can be dangerous, for you and your baby.

Vaccine side effects

- It does not contain live coronavirus, so you cannot get COVID-19 from getting vaccinated.
- Most side effects are mild and only last a day or two.
- You might have a sore arm, headache, mild fever or body aches after the vaccine.

Vaccine effectiveness

- Double vaccinated people are three times less likely to get the virus that causes COVID-19.
- Getting both doses of the vaccine reduces your risk of getting seriously ill or dying if you catch it.
- It reduces the risk of spreading the virus to others and so is the best way to protect those that are vulnerable.

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