



## Get your COVID-19 1st and 2nd dose vaccine

COVID-19 hasn't gone away, neither have the vaccines. It's not too late to protect yourself and those around you from serious illness.

If you are eligible, visit a walk-in session or book an appointment today.

Call 119 or go to [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination)

Help us  
help you **stay  
protected**

 Brighton and Hove

# Get your COVID-19 1st and 2nd dose vaccine in Brighton and Hove

## How effective is the COVID-19 vaccine?

Globally COVID-19 vaccines have saved tens of millions of lives and significantly reduced hospitalisations.

## Can I still catch COVID-19 after having the vaccine?

Like all medicines, no vaccine is completely effective - some people may still get COVID-19, but any infection should be less severe.

### Research has shown the vaccines help:

- reduce your risk of getting seriously ill or dying from COVID-19
- reduce your risk of catching or spreading COVID-19
- protect against COVID-19 variants

## Will there be any side effects from the vaccine?

Vaccines can cause some side effects, but not everyone gets them. Any side effects are usually mild and should not last longer than a week.

Common side effects are the same for all COVID-19 vaccines used in the UK, and can include:

- a sore, heavy feeling and tenderness in the arm where you had your injection
- feeling tired
- a headache
- general aches, or mild flu like symptoms

More serious side effects, such as allergic reactions or blood clotting, are very rare.



## Are the vaccines safe?

Yes. The COVID-19 vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness.

Each COVID-19 vaccine is tested by teams of scientists and clinicians and is only authorised once it has met safety standards set by the Medicines and Healthcare products Regulatory Agency (MHRA).

Like any other vaccine or medicine, the COVID-19 vaccines are being continuously monitored for safety.

## How many doses do I need?

Everyone aged 5 (on or before 31 August 2022) and over can get a 1st and 2nd dose of the COVID-19 vaccine.

Some people who are at increased risk, for example because of age or certain medical conditions, may be offered a seasonal booster later this year. If you are eligible for this, the NHS will contact you when it's your turn to get vaccinated.

## Why do I need a COVID-19 vaccine?

COVID-19 is still with us and is still making people very ill. Vaccines are the best protection against COVID-19. They are highly effective in preventing hospital admission and serious illness, including Long Covid.

If you've not had your first two doses of the vaccine you should have them as soon as possible.

Even if you've had COVID-19 you should get all the doses of the vaccine you are eligible for because you can still get another strain of the virus.

The 1st dose will give you some protection, but you need 2 doses for stronger and longer-lasting protection.

## What happens at the vaccine appointment?



You'll be asked some questions about your medical history and then you will then be given an injection of the vaccine into your upper arm.

You cannot usually choose which vaccine you have but the vaccinator will make sure it's suitable for you.

If you have any questions or concerns you can ask before you are vaccinated, and if you change your mind there is no obligation to get your vaccine.

You can take someone with you to your appointment if it will make you feel more comfortable.

### Where can I get my vaccine?

1st and 2nd doses of the COVID-19 vaccines are available at walk-in sites in the city.

Until the end of March, they are available weekly at:



<b>Wednesday</b>	10.30am to 2.30pm	Tesco Superstore Hove
<b>Thursday</b>	10.30am to 2.30pm	Outside Hove Polyclinic
<b>Friday</b>	10.30am to 2.30pm	St Peter's Church

### If you have any concerns or need help to get your vaccine

You can talk to the vaccine team about which vaccine you need, where to get your vaccine, how to book, help with transport or any worries you have about needles, side effects or leaving the house. Scan the QR code for more information.

Call 0300 303 8060 (Monday to Friday, 9am to 5pm)

Email [here.rovingpatients@nhs.net](mailto:here.rovingpatients@nhs.net)

[www.sussex.ics.nhs.uk](http://www.sussex.ics.nhs.uk)

