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All the information presented in this leaflet is also available as an audio in 12 different languages. Please scan the QR code below on the camera of a smart phone and it will direct you to the recording.

If you have any questions or concerns about the vaccine speak to a healthcare professional. It's important you have the vaccine as it's our best chance for returning to normal life.



It's not too late to have the vaccine, if you didn't have it the first time round. We are here when you are ready.



Please visit www.nhs.uk/covidvaccine for up to date information

Why we think you should say yes to the COVID-19 vaccine



Dr Abiye Hector-Goma

Local GP and Clinical Director for Chapeltown Primary Care Network.

I had my first vaccine over two months ago and my second one is due shortly. My wife works in Leeds General Infirmary and has been vaccinated. What more can I say?

I know many people hesitated because they wanted to see what would happen to early vaccine takers. Sadly, in the UK over 120,000 people have died from COVID-19 disease, but the good news is more than 31 million people (figures correct as of 20/05/21) have received their first dose of the vaccine; however there is still some way to go. The good book says, 'my people perish for lack of knowledge'. Please take whichever vaccine is offered as they have all been rigorously tested. Let us all do the right thing for our families and community. Keep safe!

Getting as many people vaccinated against COVID-19 is our best hope for returning to a normal life.

This leaflet will look at some of the concerns that people might have about COVID-19 vaccines and some of the common questions we keep hearing.

We understand some of the reasons why people are being cautious about taking the COVID-19 vaccine, but COVID-19 is a serious illness, which can make you quite ill and possibly end up in hospital. You also risk passing the virus on to other members of the family who may be more vulnerable. It can leave others with long COVID symptoms, lasting weeks and months. These include but are not limited to extreme tiredness (fatigue); shortness of breath; chest pain or tightness; problems with memory or concentration (“brain fog”); difficulty sleeping (insomnia); heart palpitations and dizziness.

We know that diverse communities have been disproportionately affected by COVID-19. The Office for National Statistics (ONS) has highlighted why Black and South Asian people have been hit hardest by COVID-19. Some of those reasons include:

- Occupations: some of the occupations where there are a relatively high proportion of minority ethnic groups employed have had a higher risk of death involving COVID-19 such as medical roles, transport workers, security and cleaning roles and care workers.
- People in large households have a higher COVID-19 risk. Multi-generational households are much more common among ethnic minority groups, particularly people of Pakistani, Bangladeshi or Indian ethnicity. Older people living in larger households may have found it more difficult to shield practically.



Pastor Samuel Obafaiye

RCCG, (Everlasting Father's Assembly), Leeds.

It is quite sad that the COVID-19 virus has ravaged the world since the end of 2019, even till now. We are however grateful to God who has answered our prayers by giving the wisdom to those who have developed vaccines that help to lower the infection rate and mortality rate.

As Christians, we are people of faith. The Bible however admonishes us to evidence our faith with good works; otherwise, our faith is dead (James 2: 14-26). Also, our Lord Jesus Christ taught us that whenever difficulty comes our way, while we pray to God not to fall into it, we must also demonstrate personal responsibility by being watchful (Mathew 26: 36-41). The same Bible still tells us to always examine everything carefully and hold firmly to that which is good (I Thes. 5: 21).

I see the vaccines as one of God's answers to the prayers of the saints. I would therefore encourage everyone to take the vaccine when it is their turn to do so. I have taken my first dose and am waiting for my second dosage. May God bless and keep us in Jesus name.



I've heard a lot of rumours about the vaccine – how can I find out if they are true or false?

It is best to first check the source of the information you have received. We are aware that there are a number of rumours and misinformation and we understand why some people may feel apprehensive. The NHS has set up a webpage with lots of information on the vaccine as well as links to other trusted sources of information

www.nhs.uk/covidvaccine

www.gov.uk/coronavirus

In Leeds we have developed a range of resources in different formats so you can make an informed choice about the vaccine.

Please visit:

www.leedsccg.nhs.uk/covid-vaccine

The vaccine is not compulsory; however it does give us the greatest chance of beating COVID-19. This will help protect you and your loved ones as well as helping your NHS.

Are the vaccines safe for Black, Asian and Minority Ethnic communities?

Trials demonstrated that the vaccines are consistently safe and effective across different ethnic groups.

- For the Pfizer trial, participants included 9.6% Black/African, 26.1% Hispanic/Latino and 3.4% Asian.
- For the Oxford/AstraZeneca vaccine 10.1% of trial recipients were Black and 3.5% Asian.
- For the Moderna trial, participants included 4.6% Asian and 9.7% African American.

Full details are available in the Public Assessment Reports, which contain all the scientific information about the trials and information on trial participants.

These can be found at:

www.gov.uk/government/publications/regulatory-approval-of-pfizer-biontech-vaccine-for-covid-19

www.gov.uk/government/publications/regulatory-approval-of-covid-19-vaccine-astrazeneca

www.gov.uk/government/publications/regulatory-approval-of-covid-19-vaccine-moderna

The vaccines have been developed so quickly - can we trust them?

There has been unprecedented worldwide scientific collaboration and funding to create the vaccines. This global effort has allowed scientists to work at speed, and complete years of work within months.

No clinical trial can take place if there aren't volunteers. In the case of COVID-19 vaccine clinical trials, which were developed during a pandemic, thousands of volunteers were recruited to trials very quickly. Under 'normal' circumstances, it's likely that this would have taken a lot longer, due to people unable – or unwilling – to participate for a variety of reasons including work commitments.

The vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness set out by the independent Medicines and Healthcare Products Regulatory Agency (MHRA). Any coronavirus vaccine that is approved must go through all the clinical trials and safety checks all other licensed medicines go through. The MHRA follows international standards of safety.

The vaccines have been shown to be effective and no safety concerns were seen in studies of more than 20,000 people of different ages and ethnic backgrounds.



Dr Cristina Costache

Paediatric Cardiologist at Leeds Children's Hospital

The COVID-19 vaccines are safe and they work. They've been tested in the same way as all other vaccines and medicines. These tests showed they're safe and offer very high levels of protection against the effects of COVID-19.

There are no animal or foetal products in any of the vaccines and they do not alter your DNA.

Your COVID-19 vaccine will be given in two doses. It's important that you have both doses to get the maximum protection, so please attend both appointments.

If you have any concerns about the vaccine, please speak to your GP who will give you trusted and reliable information. I'd strongly encourage you to have the vaccine when invited. Getting as many patients as possible vaccinated against COVID-19 is our best hope for returning to normal life.

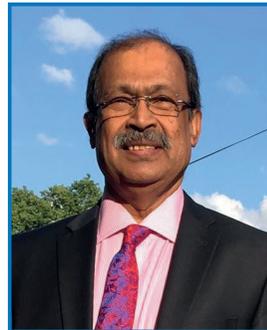
The vaccine helps stop you becoming seriously ill from COVID-19 but you may still spread the virus to others, so it is still very important to follow safety guidance – wear a face covering, wash your hands and keep two metres apart where you can.

How well do the vaccines work?

Anyone who gets COVID-19 can become seriously ill or have long-term effects (long COVID). Research has shown the vaccines significantly reduce your risk of getting seriously ill or dying from COVID-19 and help reduce your risk of catching and spreading the virus. The 1st dose should give you good protection from 3 or 4 weeks after you've had it. You need 2 doses for stronger and longer-lasting protection.

Dr Amal Paul

Local GP and Clinical Director
for Burmantofts, Harehills and
Richmond Hill Primary Care Network



For trusted and reliable information about the COVID-19 vaccines, visit the NHS website (www.nhs.uk/CovidVaccine) or talk to a healthcare professional. It's important that patients understand how the vaccine will help protect them against the disease and reduce their risk of becoming seriously unwell.

Getting as many patients as possible vaccinated against COVID-19 is our best hope for returning to normal life. Please have your vaccine when you are invited and help stop the virus.

How do vaccines work? Will they alter my DNA?

Like all vaccines, the COVID-19 vaccines teach your body to fight the virus. The vaccines work by making a protein from the virus that is important for creating protection. The protein stimulates the immune system to make antibodies and cells to fight the infection.

The components of the vaccine leave the body within a few days. The vaccines will not alter your DNA or genetic material.

Are the vaccines suitable for my religion?

The current approved COVID-19 vaccines do not contain any animal or foetal products. Leaders from Muslim, Hindu and Jewish faiths have all said that the vaccines are suitable for people of their religions and people shouldn't hesitate to get them.



Could the vaccines affect fertility for men and women?

The Royal College of Obstetricians & Gynaecologists and the Royal College of Midwives have said that there's no evidence to suggest that COVID-19 vaccines will affect fertility.

Dr Gayatri Amirthalingam, Consultant, Public Health England, National Immunisation Team:

“Studies have shown that, like other vaccines, once you are vaccinated, the components of this vaccine travel to your lymph glands and within a matter of days they are removed as waste products from your body. And so there is no mechanism by which this vaccine could affect your current or future fertility.”

Can I have the vaccine if I'm pregnant?

The Joint Committee on Vaccination and Immunisation (JCVI) has issued new advice on COVID-19 vaccination for pregnant women.

The JCVI has advised that pregnant women should be offered the COVID-19 vaccine at the same time as the rest of the population, based on their age and clinical risk group.

For further information please speak to your healthcare professional or please visit:

www.bit.ly/jcviadviceonc19vaccinationforpregnantwomen

Registering with a GP/Doctor

You can find a GP/doctors surgery on the NHS.uk website. You will need to fill in a form to register – for some surgeries you can do this on their website so check there first. Alternatively, you can download a GMS1 registration form on GOV.UK or arrange a time to pick up a registration form from the GP/doctors surgery. Everyone can register with a GP/doctor. You don't need a fixed address or identification. If you have problems registering with a GP/doctors surgery, call the NHS England Customer Contact Centre on **0300 311 22 33**.

Can people pick which vaccine they want?

People will not have a choice. However, when you speak with the healthcare professional vaccinating you, they will go through your medical history and give you the appropriate vaccine for your age and health condition.

Is one vaccine better than the other?

All vaccines have been shown to be safe and highly effective. The important thing is that they all protect you from becoming seriously ill from COVID-19.



Imam Qari Asim MBE

**Chair of Mosques and Imams
National Advisory Board,
Senior Imam at Makkah Mosque
Leeds and the Independent Adviser
to the Government on the definition
of Islamophobia**

During this pandemic, it has become apparent that some communities are wary of the vaccines generally, because of misinformation. The online space is spammed with information overload by those who are neither experts in the field nor have tried to verify the source of the information received. This is dangerous and we all have a responsibility to take care of one another, which is something Islam places an enormous emphasis on. Our focus should be on protecting and saving lives. Misinformation can cost lives in this pandemic; verify before you amplify.

Getting the vaccine

The vaccine is free for everyone – whatever your immigration status. You may need to sign up with a GP/doctor if you are not already registered. Everyone living in the UK can do this and GP visits are free. However, if for any reason you do not wish to register with a GP, you can still get the vaccine by emailing ervaccinationcentre@nhs.net or by calling the Elland Road vaccination booking on **0113 20 69624**.

What are the short-term and long-term side effects?

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. Although you should get good protection from the first dose, having the second dose gives you longer lasting protection against the virus.

Very common side effects include:

- Having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine
- Feeling tired
- Headache
- General aches, or mild flu like symptoms

Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better.

Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111.

If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card if possible) so that they can assess you properly.

So far, thousands of people have been given a COVID-19 vaccine and reports of serious side effects, such as allergic reactions, have been very rare. No long-term complications have been reported.

What is the guidance around the Oxford-AstraZeneca Covid-19 vaccine?

New guidance has been issued for the use of the Oxford-AstraZeneca Covid-19 vaccination.

The UK's independent regulator, the MHRA, is monitoring reports of an extremely rare blood clotting problem affecting a small number of people who have had the Oxford/AstraZeneca vaccine. The problem can also happen in people who have not been vaccinated and it's not yet clear why it affects some people.

Both the MHRA and Joint Committee for Vaccinations & Immunisations (JCVI) have emphasised that the risk is extremely small – just over 10 people in every million have developed this condition – and that the benefits of the vaccine outweigh the risks for the vast majority of people.

If you are aged 40 or over or have a health condition that puts you at greater risk from COVID-19, you should still have whichever vaccine is offered to you. The benefits of the vaccine in preventing you becoming seriously ill or dying from COVID-19 outweigh any risk of clotting problems.

For people under 40 without any health conditions, the JCVI has advised that it's preferable to have an alternative COVID-19 vaccine where available and where this will not cause delays to people having the vaccine.

Please see the link below which will take you to a patient leaflet that has been produced by Public Health England and the NHS to answer any questions you may have.

www.bit.ly/C19vaccinationandbloodclotting