

After your COVID-19 vaccine (jab)



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

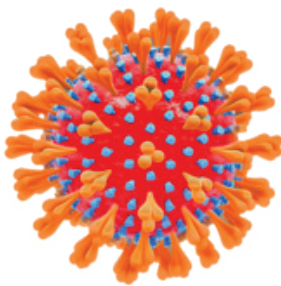


Easy read booklet

What this booklet tells you about



This booklet tells you about what will happen after you get your **COVID-19 vaccine (jab)**. 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 if they catch it.

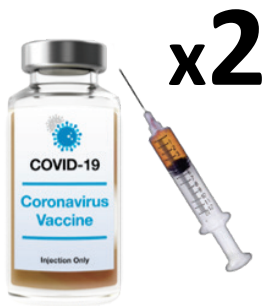


A **vaccine** is a medicine that helps keep people safe and well.

About the vaccine (jab)



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).



The first dose starts to protect you 2 to 3 weeks after you get it. The second dose helps to protect you for longer. You can get your second dose 3 to 12 weeks after your first dose.



It is important to get 2 doses to protect yourself from COVID-19. We will tell you when to come back for your second dose.

Side effects of the vaccine (jab)



A **side effect** is how you might feel 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**. A **fever** is when you feel hot and have a high temperature.



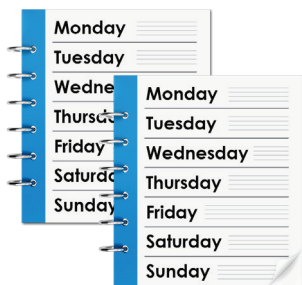
Common means these side effects happen to lots of people.



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**.



Self-isolating is when you stay at home because you have or might have COVID-19.



Other symptoms of COVID-19 are a new **continuous** cough and not being able to taste or smell like normal. **Continuous** means a cough that doesn't stop.



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

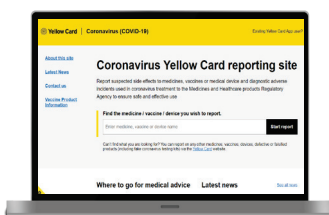
- **NHS Test and Protect** contact you
- you live with someone who has just had a test that shows they have COVID-19
- you live with someone who has symptoms of COVID-19.



You are more likely to get very ill from COVID-19 than from the COVID-19 vaccine (jab).



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

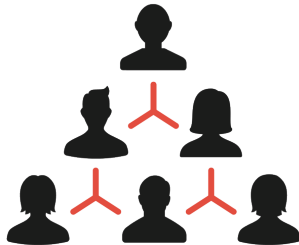
After your vaccine (jab)



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.



You cannot catch COVID-19 from the vaccine (jab) but you can catch it before you get your vaccine (jab) and not know you've got it until afterwards.



This means you can still spread COVID-19 to other people after you get your vaccine (jab).



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

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



This booklet is written by
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The information in this booklet was correct when we wrote it.

For up to date information go to this website

www.nhsinform.scot/covid19vaccine