

Information and advice about COVID-19 testing and the vaccine

Pictured (left to right): Dr Zuhaib Keekeebhai and Dr Ehsan Alkizwini, GPs in Camden

FOLLOW THESE STEPS
1. COLLECT PRO
2. FILL VACCINATION FORM
3. STICKER WITH TIME
4. LEAVE IT

Taking off personal
protective equipment (PPE)
1. Remove gloves
2. Remove apron
3. Remove mask
4. Wash hands



- ✓ The vaccine is safe and effective
- ✓ It gives the best protection against the virus
- ✓ It's free from animal products
- ✓ Millions of people have had it

Read this booklet to find out more about the COVID-19 vaccine and if you're eligible, book your appointment now by scanning the QR code, going to nhs.uk/coronavirusvaccine or by calling **119** for free

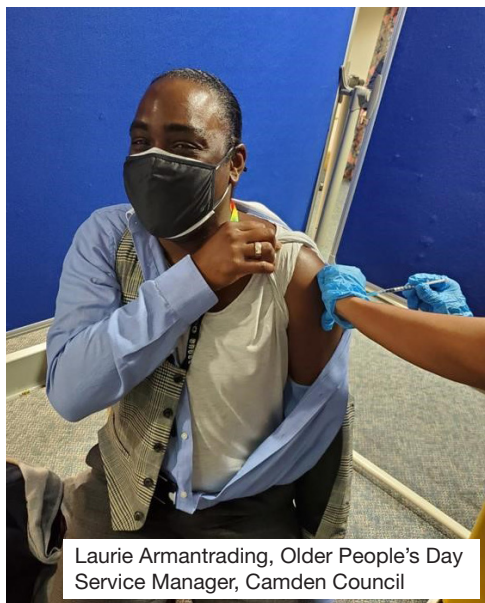
The COVID-19 vaccine is safe, effective and gives the best protection against COVID-19. It will help to reduce the number of people getting seriously ill from COVID-19 and will save thousands of lives. However, at Camden Council we understand that you might have questions or want to learn more about the vaccine, so we've developed this leaflet to support you to make an informed choice when it's your turn to have it.

We also want to take this opportunity to share information on how to get a COVID-19 test and access support to self-isolate.

1. Vaccine development, approval and safety

How do we know the vaccine is safe?

We know the vaccine is safe because it has been through extensive safety trials and was approved by the independent medicines regulator, the Medicines and Healthcare Products Regulatory Agency (MHRA), because it met globally recognised standards of effectiveness, safety and quality. This is the same rigorous testing process as all other medicines, drugs and vaccines that are approved for use in this country go through.



Laurie Armantrading, Older People's Day Service Manager, Camden Council

How has the vaccine been developed so quickly?

Scientists have been studying coronaviruses for many years, so they didn't start from scratch.

Additionally, lots of people from around the world came together to support this work. Clinical trials could be completed quickly due to large financial support from governments and because a lot of people were recruited to help in a short space of time.

Will I experience any side effects?

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, lasting no longer than a week, and not

everyone gets them. Common side effects include a sore arm, feeling a bit achy and a headache – all of which go away quickly. The benefits of protecting yourself from COVID-19 far outweigh any risks involved with developing side effects.

Are Black, Asian or other ethnic communities more likely to get side effects from the vaccine?

No, there is no evidence that people from Black, Asian or other ethnic communities are more likely to get side effects. However, if you are a member of one of these communities, you are at a higher risk of getting seriously ill or dying from COVID-19, which is why it's so important to protect yourself from the virus by considering having the vaccine when it's your turn.

How do I know if information is from a trusted source?

If you receive information through your door or read anything online or via chat groups, please always consider whether it's from a trusted source before you read or share it. If you're not sure, fact-check the information from trusted sources first – including the NHS, British Islamic Medical Association, Hatzola, Camden Council or the Government. You can also go to nhs.uk/coronavirusvaccine

2. Ingredients

What are the ingredients?

Both of the approved COVID-19 vaccines are free from animal products, including egg. They have also been approved for use by the Muslim Council of Britain, senior rabbis and other faith communities.



Camden resident, Fiona Neville, after having the vaccine

How does it work?

The COVID-19 vaccine, just like any other vaccine, works by teaching your immune system how to defend itself against attack from the virus. The vaccine contains a harmless bit of the virus, so that your body produces white blood cells. If you were then to become infected with COVID-19, your body would have the 'memory' of the partial bit of the virus and would be able to fight it immediately. None of the vaccines contain a live form of the virus in them.

3. Your own circumstances

Should I have the vaccine if I'm pregnant?

It is not routinely recommended for use during pregnancy, but we strongly recommend that you speak to your GP or midwife about it - particularly if you have underlying health issues.

Does the vaccine affect fertility?

No, there is no evidence to suggest the vaccine affects male or female fertility.

I have a learning or physical disability. What support is available to me?

If you are not able to get to a vaccination centre and you're registered as housebound with your GP, you can be vaccinated at home by somebody in your local district nursing team. Your GP will contact you about this when it's your turn, so please make sure you're registered with a GP. If you have a learning disability, or you support somebody who does, and you need support with booking or attending the vaccination appointment, please speak to Camden Learning Disability Service (CLDS) for advice. If you do not already receive support from CLDS, please call Camden Council on **020 7974 4444 (option 9)**.

If you're not housebound but need support with the vaccination process, for example because of a physical or mental health condition, please call Camden Council on **020 7974 4444 (option 9)**.

I'm a wheelchair user. How can I get to a vaccination appointment?

When you book your vaccination appointment, your GP will be able to book wheelchair-accessible transport to take you to and from the appointment, so please ask them to organise this when it's your turn to have the vaccine.

Should I have the vaccine if I have a history of severe allergic reactions (anaphylaxis)?

You should not have the vaccine if you've had a severe allergic reaction to a previous dose of the same COVID-19 vaccine, or any component of the vaccine. If you've ever had a serious allergic reaction (anaphylaxis), please tell healthcare staff before you have the vaccine or speak to your GP when you're invited to have it. They can advise you accordingly.

4. Eligibility and booking

How will I know when I'm eligible to have the vaccine?

When it's your turn to have

the vaccine, the NHS will be in touch via letter, phone call or text message so please make sure you're registered with a GP and that they have your most up-to-date contact details. You do not need proof of identification, address or immigration status to register. You can also check if you're eligible at nhs.uk/coronavirusvaccine

When you're eligible, you'll be able to book at one of 15 vaccination sites across Camden, including large sites like the Francis Crick Institute and local NHS services, like GP surgeries.


Wherever you choose to go to have your vaccine, please be reassured that it will be a COVID-safe environment, which means extra precautions are in place to keep you safe - like extra hand-washing, extra cleaning and social distancing in waiting areas.


There are 5 ways to book your free vaccine appointment

1. Visit nhs.uk/coronavirusvaccine
2. Call **119** for free
3. Not registered with a GP? Email ncldcg.covid-19vaccine@nhs.net
4. Need support to book your appointment? Call us on **020 7974 4444 (option 9)**
5. Eligible social care worker? For more information on local vaccination sites, go to camden.gov.uk/socialcaresaff



For more information

 There is a range of information in accessible and translated formats at nhs.uk/coronavirusvaccine or at camden.gov.uk/COVID19vaccine

 Whether you've had the COVID-19 vaccine or not, please keep following the rules to keep each other safe.



Wash your hands regularly and thoroughly



Wear a face covering in indoor and busy outdoor public spaces, unless exempt



Stay 2m from others, except those you live with or those in your bubble



Socialising indoors? Keep windows open to ensure the space is well-ventilated

COVID-19 testing for people with and without symptoms

Rapid COVID-19 tests for people without symptoms available to everyone who works or lives in Camden

Around one in three people with COVID-19 have no symptoms. Rapid 'lateral flow' tests have been introduced to help identify people without any COVID-19 symptoms to help reduce the spread of the virus. Camden Council is offering these tests to any adult who lives or works in Camden. Getting regularly tested to check you're COVID-free will help to prevent further spread of coronavirus. All tests are free, there are many test sites across Camden and you can expect results within 45 minutes. Book a test at **camden.gov.uk/rapidtest**, call **020 7974 4444 (option 9)**, or book through your employer if they're offering tests.

COVID-19 tests for people with symptoms

If you develop coronavirus symptoms, do not go to a rapid lateral flow test site. Instead, self-isolate and book a free test at **nhs.uk/coronavirus** or by calling **119**.

Support to self-isolate including £500 support payment

If you develop coronavirus symptoms, you and your household must self-isolate to prevent you

from passing it onto others. If you need any support to self-isolate - including accessing food or medicine or help with home-schooling - please call Camden Council on **020 7974 4444 (option 9)**.

If you're employed or self-employed, on a low income, currently receiving benefits and a parent or carer of a child asked to self-isolate by their school, you may be eligible for a one-off payment of £500 – called a Test and Trace Support Payment – to support you to self-isolate and to make up for lost income. Find out more and apply at **camden.gov.uk/supportpayment** or call Camden Council on **020 7974 4444 (option 9)**.

