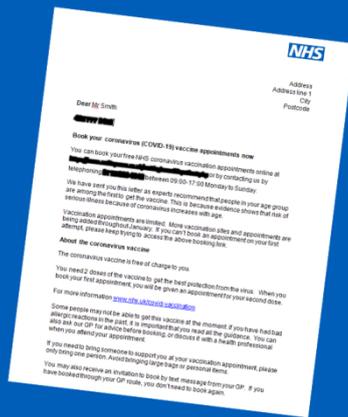


# Covid-19 vaccinations

**NHS**  
Nottingham and Nottinghamshire  
Clinical Commissioning Group



Letters are going out to over 80s asking them to book



When you get your letter please book your appointment on the website as quickly as possible



Please don't contact the NHS until you have received your letter

## What is Coronavirus?

Coronavirus (COVID-19) is an infectious disease. The main symptoms of COVID-19 include:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Most people with COVID-19 have at least one of these symptoms.

Anyone with symptoms of COVID-19 should book a test as soon as possible by calling 119 or via the [online government portal](#). Tests must be booked in advance. You can read more about where to get a test across Nottingham and Nottinghamshire on the [CCG website](#).

For the latest guidance on keeping yourself and others safe and the national lockdown please visit the [Government website](#).

Information on the national lockdown can also be found on the [Nottingham City](#)

[Council](#) and [Nottinghamshire County Council](#) websites.

## The COVID-19 Vaccine

There are now three types of COVID-19 vaccinations that are currently approved for use in the UK:

- Pfizer/BioNTech COVID-19 vaccine
- COVID-19 Vaccine AstraZeneca
- COVID-19 Vaccine Moderna

These vaccines have been given regulatory approval by the Medicines and Healthcare products Regulatory Agency (MHRA).

Two doses of the vaccine will be administered to ensure the best protection.

The new national medical advice is that the second dose of the vaccine remains effective when given up to 12 weeks after the first dose. Hence, the time at which you will receive the second dose of vaccine has changed from 21 days to up to 12 weeks following the first dose.

More information on these COVID-19 vaccines, guidance on who should not receive the vaccine and potential side effects can be accessed on this [NHS website](#). This website also includes strong guidance for those with severe allergies and those who are of childbearing age, pregnant, planning a pregnancy or breastfeeding.

This will be the largest vaccination programme in the history of the NHS and you can really help us to deliver it to those that need it most by doing the following:

- **please don't contact the NHS to seek a vaccine, we will contact you;**
- **when we do contact you, please attend your booked appointments;**
- **and please continue to follow all the guidance to control the virus and save lives.**

To keep up-to-date with information regarding the vaccine in Nottingham and

## Who should not receive the vaccine?

The vaccines have not yet been tested in pregnancy so until more information is available, those who are pregnant should not routinely have it. However, if a pregnant woman is at very high risk of catching COVID-19 or has a clinical condition that puts them at high risk of experiencing serious complications as a result of COVID-19, they may be able to receive the vaccine but should discuss receiving the vaccine with their doctor or nurse to ensure that the benefits outweigh any potential risks.

If you have had the first dose and then become pregnant you should delay the second dose until after the pregnancy is over (unless you are at high risk).

You should discuss having or completing the vaccination with your doctor or nurse.

The Joint Committee for Vaccinations and Immunisations (JCVI) have recommended that the vaccine can be received whilst breastfeeding.

You do not need to avoid pregnancy after the vaccination as the vaccine cannot give you or your baby COVID-19.

A guide with important information regarding the vaccine has been produced for those who are of [child-bearing age, pregnant, planning a pregnancy or breastfeeding](#). It is essential that this is read before attending for a COVID-19 vaccine.

Those who have experienced severe allergic reactions in the past (anaphylaxis) need to make staff aware of this before they receive the vaccine. Those who have had serious allergic reactions to previous vaccines (including the first dose of the COVID-19 vaccination), some medicines, household products or cosmetics in the past should not receive the COVID-19 vaccination.

People who are suffering from a fever-type illness should also postpone having the vaccine until they have recovered. Vaccination should also be delayed until one month after a positive COVID test.

If you have received the flu vaccine it is recommended that there should be a gap of a week before receiving your COVID-19 vaccination. We would like to encourage those who are eligible but who have not received the flu vaccination to do so as soon as possible.

Find out more on allergies and who should not receive the COVID-19 vaccine here: [Coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk/coronavirus/coronavirus-vaccine)

You can report any suspected side effects of the COVID-19 vaccine you have received on the [Coronavirus Yellow Card reporting site](https://www.nhs.uk/conditions/yellow-card). If you are concerned about your health, please contact your GP, Pharmacist or NHS 111.

This guidance may be different in future with the development of other vaccines.

## Who receives the vaccine first?

The first priority for vaccination is care homes residents and staff, people over the age of 80 and frontline health and care workers.

The NHS will contact people in the priority groups when it is their turn to receive the vaccine.

Priority groups are based on the [guidance from the Joint Committee for Vaccinations and Immunisations](https://www.gov.uk/guidance/coronavirus-covid-19-vaccine-priority-groups). This guidance includes people who are clinically extremely vulnerable.

We understand a lot of people want to be vaccinated and we would like to reassure you this will happen. Please be patient and wait to be contacted.

For further information on why you are being asked to wait for your COVID-19 vaccine, please read the information on the GOV.UK [website](https://www.gov.uk/coronavirus/covid-19-vaccine).

A [guide for adults](#) has been produced to provide more information about the vaccine.

# COVID-19 vaccination

## First phase priority groups



Priority	Risk group
1	Residents in a care home for older adults and Staff working in care homes for older adults
2	All those 80 years of age and over and Health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over and Clinically extremely vulnerable individuals (not including pregnant women and those under 18 years of age)
5	All those 65 years of age and over
6	Adults aged 18 to 65 years in an at-risk group*
7	All those 60 years of age and over
8	All those 55 years of age and over
9	All those 50 years of age and over
10	Rest of the population (to be determined)

\* Blood cancer (such as leukaemia, lymphoma or myeloma); diabetes; dementia; a heart problem; a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma; a kidney disease; a liver disease lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy); rheumatoid arthritis, lupus or psoriasis; liver disease; have had an organ transplant; had a stroke or a transient ischaemic attack (TIA); a neurological or muscle wasting condition; a severe or profound learning disability; a problem with your spleen, eg sickle cell disease, or you have had your spleen removed; are seriously overweight (BMI of 40 and above); are severely mentally.

## Where can you receive the vaccine?

We have eight sites currently delivering the vaccination across Nottingham and Nottinghamshire. There are three hospital hubs located at Queens Medical Centre, City Hospital and King's Mill Hospital, which are vaccinating priority groups by appointment only.

Local vaccination services have also been launching across Nottingham and Nottinghamshire and include:

- Ashfield Health Village
- Cripps Health Centre
- King's Meadow Campus
- Gamston Community Hall
- Richard Herrod Centre in Carlton

Recipients of the vaccine will be called forward in priority order as set out by the Joint Committee for Vaccination and Immunisation (JCVI). The NHS will send letters to eligible people in due course and vaccines will be by appointment only. First priority at these centres are for those over the age of 80 and frontline health and social care workers.

Further sites are set to open across Nottingham and Nottinghamshire in the coming days and weeks.

Any new information on locations will be shared on our [NHS Nottingham and Nottinghamshire CCG website](#).

## What happens on the day?

When you arrive at the site to be vaccinated, you will need to ensure that you are wearing a face mask. Social distancing will also be in place.

Questions will be asked about your medical history and it is important that you inform staff if you are pregnant or if you have had a severe allergic reaction in the past.

The vaccine will be given as an injection into your upper arm by a trained professional and you will be asked to wait for 15 minutes after having your vaccination.

You will be given a record card with the date of your second vaccination appointment which you will need to keep safe.

According to [Government guidelines](#), you should not attend a vaccine appointment if:

- you are self-isolating.
- waiting for a COVID-19 test.
- unsure if you are fit and well.

Vaccination should also be delayed until one month after a positive COVID test.

More information on what happens at your appointment can be accessed here: [What happens at your appointment - NHS \(www.nhs.uk\)](#)

## What happens after receiving your vaccination?

Information has been produced to inform you of what you can expect following your vaccination including the next steps after your first vaccine, potential side effects and information on the protection received from the vaccination. You can access this information on the [Government Website](#).

## Case Study

John Waplinton, an 82-year-old former miner from Arnold has received the Covid-19 vaccination at the Richard Herrod Centre in Carlton which opened on Tuesday 6th January 2021.

The site will support the roll out of the national vaccination programme with further sites set to open across Nottingham and Nottinghamshire in the coming

days and weeks.

John who worked on the former Gedling Colliery has been shielding due to having respiratory issues caused from his time working in the pit.

John said: “I am absolutely ecstatic. This is life changing for me, I have been living with this virus over my head and with my health issues, it has been a worry. I am very grateful to be vaccinated and hope that we can get back to normal as soon as possible.”

To read more, click [here](#).



## Frequently Asked Questions (FAQs)

Visit our website for [Frequently Asked Questions \(FAQs\)](#) with further information.

## Accessible Information

Information regarding the COVID-19 vaccine can be accessed in an [easy to read format](#).

[A collection of videos](#) are available on the COVID-19 vaccine in Gujarati, Sylheti, Tamil, Urdu and Punjabi.

More information regarding the COVID-19 vaccine is currently being produced in different languages and formats. These will be shared in further editions of this toolkit, once they are ready.

## Other key resources

### **The British Islamic Medical Association position on the COVID-19 vaccinations**

After consulting with experts, the British Islamic Medical Association (BIMA) has recommended the Pfizer/BioNTech and the AstraZeneca COVID-19 vaccinations for eligible individuals in the Muslim community for protection against COVID-19 when used according to MHRA authorisation. Read their full statements on the [Pfizer/BioNTech COVID-19 vaccine](#) and the [COVID-19 Vaccine AstraZeneca](#).

### **Opportunities to support the COVID-19 vaccination programme**

If you or your organisation are able to support the COVID-19 vaccination programme by sharing important messages with diverse and more vulnerable groups, please email [ncccg.team.engagement@nhs.net](mailto:ncccg.team.engagement@nhs.net).

Paid opportunities to assist with the COVID-19 vaccination programme can be accessed on the [Sherwood Forest Hospitals Website](#).

If you are under the age of 70 and in good health, you can express interest in volunteering at one of our local vaccination services by calling 01636 610773.

Nottinghamshire  
Vaccine Volunteers



## WOULD YOU LIKE TO HELP IN THE FIGHT AGAINST COVID?

### VOLUNTEERS NEEDED

Nottinghamshire Vaccination Programme urgently needs volunteers across 7 different locations to support the NHS. Shifts are available 7 days a week between 8am and 8pm.

Volunteers must be under 70 and in good health, some roles involve working outside. You will not be asked to vaccinate people.

Call 01636 610773 to get more details and register your interest with the Team.

