



After your COVID-19 vaccine

Information for people who have had the
COVID-19 vaccine



This document was written by **Public Health Wales**. It is an easy read version of '**What to expect after your COVID-19 vaccination**'.

January 2021

How to use this document



This is an easy read version. The words and their meaning are easy to read and understand. But you may need support to read and understand this document.



Words in **bold blue writing** may be hard to understand. They have been explained in a box below the word. If the hard word is used again it is in **normal blue writing**.



For more information contact:

Website:

[111.wales.nhs.uk/coronavirus\(2019ncov\)](http://111.wales.nhs.uk/coronavirus(2019ncov))



Phone: 111 or **0845 46 47** if 111 is not available in your area

Calls to NHS 111 Wales are **free** from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute on top of what your phone provider charges.

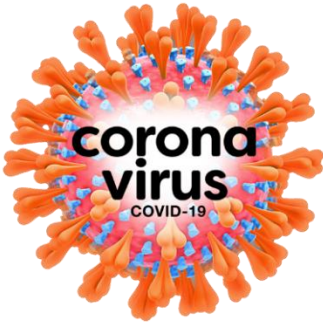


This document was made into easy read by **Easy Read Wales** using **Photosymbols**.

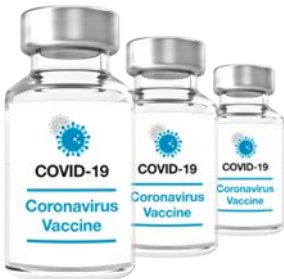
About your vaccine



The **COVID-19 vaccine** you have been given is very safe.



COVID-19 is an illness caused by a virus called **Coronavirus**. **COVID-19** is a new illness. It is the reason we have had to stay home and wear masks.



A **vaccine** is a medicine that helps keep you safe from catching an illness.



The **COVID-19 vaccine** might help stop you catching **COVID-19**.

Each **COVID-19 vaccine** has been tested on tens of thousands of people across the world.



Scientists and doctors have found that the **COVID-19 vaccine** is safe.

After you have the vaccine



After you have your first injection of the **COVID-19 vaccine** you will be given an appointment for your second injection.



You will be given a **Vaccine Card**.



A **Vaccine Card** is a card that shows what **vaccine** you have had, when you had it, and when you need your second injection.



Keep your **Vaccine Card** safe and bring it with you when you have your second injection.



It is very important that you have the second injection. If you do **not** have the second injection the **COVID-19 vaccine** will **not** work as well.



If you feel ill with a high temperature on the day you are going to have the **vaccine**, stay at home and call the phone number on your appointment letter.



If you are self-isolating or waiting for the results of a **COVID-19** test, you should **not** go to your appointment to have the **vaccine**. Stay at home and call the phone number on your appointment letter.

Side effects



All medicines have **side effects**, so some people who have the COVID 19 vaccine might get some **side effects**.



Side effects are when you take a medicine or have a vaccine and it makes you feel ill. **Side effects** do not happen to everyone and usually do not last long.

Very **Common** side effects of the COVID-19 vaccine are:



- a sore or painful arm where you had the injection
- feeling tired
- having a headache
- feeling aches in your body
- having a mild fever

These **side effects** usually only last a few days and will not do you any harm.



Common means these **side effects** happen to lots of people.

Less **common side effects** are:



- a few people who have the **COVID-19 vaccine** may also get swelling in their arm pits and neck

- a few people might get a rash or itching



- a very rare reaction is breathing difficulties which could cause people to collapse. But nurses can treat this so people are ok after a few hours



If you feel sore or have fever, you can take **paracetamol** to make you feel better.



Paracetamol is a medicine you can buy from a chemist, supermarket or other shops.

Paracetamol is good at making you feel better if you have aches or pains. **Paracetamol** comes in tablets or a liquid.

If you take **paracetamol**, make sure you follow the instructions on the packet and take the right amount.



If your **side effects** get worse, or you are worried about your **side effects**, call **NHS 111 Wales** or your doctor. It is free to call NHS 111 Wales.

If you cannot call NHS 111 Wales in your area, call **0845 46 47**. It will cost you 2p a minute to call this number as well as what you usually pay for phone calls.



If you talk to NHS 111 Wales or your doctor about your [side effects](#), tell them that you have had the [COVID-19 vaccine](#).

Have your [Vaccine Card](#) with you when you talk to them.



If you **do** have any [side effects](#), please go to this website and fill in the form coronavirus-yellowcard.mhra.gov.uk

Will the COVID-19 vaccine stop me getting COVID-19?



Some people who have the [COVID-19 vaccine](#) will still get [COVID-19](#). But they will not get as ill.

Can I catch COVID-19 from the vaccine?



No, you cannot catch COVID-19 from the vaccine.

After you have the COVID-19 vaccine you might feel ill though. This could be because:

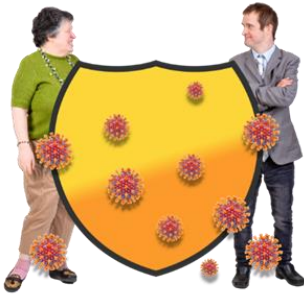


- you have some side effects (See **Side effects** on page 6)
- or you had already caught COVID-19 before you had the vaccine



If you think you have COVID-19, stay at home and call NHS 111 Wales or look at 111.wales.nhs.uk (online).

Can people catch COVID-19 from me if I have had the vaccine?



We do not know yet whether the **COVID-19 vaccines** stop us catching and passing on the virus to others. We are still learning about the **COVID-19 vaccine**.

If you have had the **vaccine** you must still follow the rules to keep everyone safe:



- Stay 2 metres away from people you do not live with
- Wear a face mask
- Wash your hands well and often
- Follow the rules about meeting other people in your area



Find out more about **COVID-19** on the Welsh Government website:
gov.wales/coronavirus.

More information

You can find out more about the **vaccine** on the NHS 111 Wales website:

[111.wales.nhs.uk/coronavirus\(2019ncov\)](https://111.wales.nhs.uk/coronavirus(2019ncov))

and

www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19



If you have any **side effects** after having the **COVID-19 vaccine**, please go to the website and fill in the form:

coronavirus-yellowcard.mhra.gov.uk



Side effects are when you take a medicine or have a **vaccine** and it makes you feel ill. **Side effects** do not happen to everyone and usually do not last long.

Find out how the NHS uses information about you on the NHS 111 Wales website:

111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights



Get more copies of this leaflet from the Public Health Wales website:

phw.nhs.wales/services-and-teams/health-information-resources