



Cornwall and the Isles of Scilly  
Health and Care Partnership

# Covid - 19 Vaccine FAQs

Apart from clean water, vaccination has saved more lives and prevented more serious diseases than any advance in recent medical history around the world. If we want to get back to normal as quickly as possible, we all need to have our vaccines, and remember to keep following guidance on Hands, Face, Space and Fresh air.

Getting the vaccine means that you are doing everything you can to protect yourself and your loved ones. The vaccine means that if someone does get Covid-19, they are much less likely to get really sick or end up in hospital.

We know that you might have some questions, worries about the vaccine or getting to an appointment – but we're here to help.

You can visit

[www.kernowccg.nhs.uk/  
your-health/coronavirus/  
covid-19-vaccine](http://www.kernowccg.nhs.uk/your-health/coronavirus/covid-19-vaccine)

to watch a range of videos about the vaccine, what to expect at your appointment and more of your questions answered.



## Is it safe?

**Yes.** The three vaccines on offer are very safe. You could be offered one of three vaccines at your appointment. The Pfizer/BioNTech, the Oxford/AstraZeneca or the Moderna vaccine. They have all been through the full safety sign off process for this country and millions of people have already received theirs.

## How has it been developed so quickly?

Because of the global emergency, developing this vaccine has been prioritised by scientists, drug companies and governments, and a huge amount of collaboration has helped this to happen as fast as possible.

## How much does it cost?

**Nothing.** The vaccine is completely free for everyone and always will be.

## Why should I have the vaccine?

Having the vaccine means you are much less likely to become ill from Covid-19, which can cause serious illness and death.

Having the vaccine could also benefit those around you. Although it doesn't mean you can't spread the virus, it may make it less likely. And if more people are vaccinated, that also reduces the potential for the virus to form new variants that might stop a vaccine from working in future.

## What if I have allergies?

If you have any allergies and are concerned, then you can speak to your GP to ask for advice. When you are at the vaccine appointment, make sure you tell the team and they will monitor you closely afterwards. All the nurses are trained and know what to do if you need help.

## Will it affect me if I'm trying to get pregnant?

**No it won't.** There's nothing that hangs around in your body after you have had the vaccine that will affect you trying to get pregnant. It's likely to be safe to have the vaccine if you are pregnant and have other health conditions. We suggest you speak to your GP to decide if it's right for you. You can also have the vaccine if you are breastfeeding.

## Will I get ill after I've had the jab?

Some people might feel a bit achy, or have chills, or feel a bit under the weather the day after they have the vaccine. This is absolutely normal. Your body is getting used to something new and learning how to work if you actually get the virus. Some paracetamol and fluids will help you feel better.

## I'm too busy

When your time comes to book the COVID-19 vaccine you can go through the National Booking Service (NBS) online at: [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination) or by phoning 119 for the large vaccination centre at the Stithians Showground or the Royal Showground, Wadebridge, which are open until 8pm every evening. Your local vaccination centre will offer weekend appointments, or you can book through the NBS for a vaccination at a community pharmacy at Roche, Truro and Redruth. GPs are also running vaccinations. People are reminded not to contact the NHS, they will contact you when it is your turn for your first and second doses.

## I can't use public transport and I don't have a car to get to an appointment

Volunteer Cornwall are providing transport door to door to help people access a vaccination appointment. Call them on **01872 265300** or visit their website: [www.volunteercornwall.org.uk/transport](http://www.volunteercornwall.org.uk/transport)

## Can I take children to the appointment?

You can take children with you to a vaccine appointment if you don't have childcare. You will need to let people know when you arrive that you have your children with you. As the centres try to keep the number of people to a minimum, they might need to fill out a form when you arrive, and you may have to wait a little bit when you arrive for a quieter gap.

## What if I'm afraid of needles?

Methods of coping with needle phobia can vary from person to person, with treatments including cognitive behavioural therapy, and clinical hypnotherapy.

There are also self-help methods. Anxiety UK has a range of free support tools you can access to help you manage/ support someone with needle/ injection phobia and is worried about getting the vaccine at: [www.anxietyuk.org.uk/covid-19-vaccine-support/](http://www.anxietyuk.org.uk/covid-19-vaccine-support/)

It can often be helpful to tell the first staff member you meet when attending your appointment that you are afraid of needles and advise what might help you - for example - lying down, having someone with you, being vaccinated away from people. Staff will do what they can to help.

## **I'm worried about blood clots**

There have been reports in some countries of a small number of people having blood clots after the Oxford/AstraZeneca COVID-19 vaccine. This has been reviewed and it is clear the benefits of having the vaccine far outweigh any risks, which are extremely rare. Those under age 30 won't get the Oxford/AstraZeneca to be on the safe side. They will be offered either the Pfizer or Moderna.

## **Can I still take my medication and get the vaccine?**

The vaccine should not have any interactions with other medications. However, it's always best to discuss your concerns with your GP when the vaccine becomes available to you.

## **Do I need to be registered with a GP?**

You do not need to be registered with a GP to receive a vaccination. If you are in one of the groups that are being asked to get the vaccine you can book it on the national booking website at: [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/)

We encourage you to register with a GP if you are considering it as there are many benefits. If you lack proof of ID, address or immigration status you will not be turned away from a GP or a vaccination appointment. Find out more at: [www.doctorsoftheworld.org.uk/gp-access-cards/](http://www.doctorsoftheworld.org.uk/gp-access-cards/)