

Worried about the vaccine?

There's a lot of information about the vaccine and some of it can be misleading. Perhaps a relative has sent you a video, or a trusted source has told you something that has made you question whether the vaccine is safe or effective.

You're not alone in feeling like this.

Misinformation can look like it's coming from a reputable source, so it's understandable you may have some concerns. This leaflet aims to answer some key concerns you may have.

We want to help you make a well-informed decision



"I'm worried the vaccine has been rushed through"

You're right, the vaccine was developed quickly, but this is because scientists have been studying coronaviruses for many years and so the vaccine development process did not start from scratch.

Because COVID-19 has affected so many people, clinical trials were completed quickly due to international support and tens of thousands of participants were recruited to test the vaccine.

The process is just as rigorous and no corners have been cut.

The vaccines have been tested on tens of thousands of people worldwide and are safe and effective.

"I'm worried the vaccine hasn't been tested on people from ethnic minority backgrounds"

Over 45,000 people were in the trial for the Pfizer BioNTech vaccine and it was 95% effective across different ages, gender, and ethnic groups.

Similarly, there were no serious safety events related to the AstraZeneca vaccine. Participants are from diverse communities who are healthy or have stable underlying medical conditions.

There is no evidence that either vaccine will work differently in different ethnic minority groups.

"Will the vaccine give me COVID-19?"

No, the vaccine does not have any virus in it. It only contains a component from the virus that will make your body recognise the virus if you ever encounter it in the future (think of it as memory).

If you do pick up the virus in real life, your body will kill the virus straightaway and you shouldn't feel unwell.



"I'm worried about the side-effects"

Like all vaccines, the covid vaccines can cause side effects, although not everybody gets them.

The most common side-effects of both vaccinations are:

- Pain and irritation around the vaccination site
- Tiredness
- Headache
- Muscle pain
- Fever

Most side-effects are mild or moderate and go away within a few days of appearing. If side effects such as pain and/or fever are troublesome, they can be treated by medicines for pain and fever such as paracetamol.

Side-effects from the vaccines are mild, COVID-19 infection can be deadly.



"I'm worried the vaccine won't work against the new strains"

There is no evidence currently that the new strains will be resistant to the vaccines we have, so we are continuing to vaccinate people as normal.

Viruses, such as the winter flu virus, often branch into different strains but these small variations don't mean that vaccines won't work.

Researchers are constantly evaluating the data and in the future, we may need a yearly covid vaccination (like the flu jab) to account for variants.

Vaccines should work against the COVID-19 variants

"I'm worried the vaccine will affect my fertility"

There is absolutely no evidence to suggest that the COVID-19 vaccines affect fertility at all.

The vaccines have not yet been tested in pregnancy, so until more information is available, those who are pregnant should not routinely have this vaccine.

The vaccines do not affect fertility.

"Will the vaccine change my DNA?"

No, the vaccine will never touch your DNA or genetic material, and as a result, can't interfere with your genes.

The vaccines do not change DNA.

"Are people from ethnic minorities more likely to get side effects from the vaccine?"

No, there is no evidence that people from ethnic minorities are more likely to get side effects.

People from ethnic minority backgrounds are more likely to suffer from serious COVID-19 infection, so having the vaccine is really important.



5 reasons why you should have the COVID-19 vaccine:

- 1) It's the best protection against serious COVID-19 infection.
- 2) It's an important way to help stop the virus from spreading.
- 3) You're helping to lessen the risk of virus variants developing.
- 4) You're helping to protect not just yourself, but also your family, friends & community.
- 5) The quicker you have the vaccine, the quicker we can get back to normality.

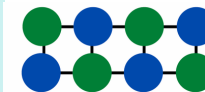
That means being able to see your loved ones and enjoying the things you used to.

If you've been invited for a vaccine, please don't wait, arrange an appointment today.

Do you have any more questions or concerns? Please contact your GP surgery- we're here to help.



Should I have the COVID-19 vaccine?



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