

# Your Newcastle COVID-19 vaccination guide

Published: 03/03/22

**Getting vaccinated  
is the best way to  
protect yourself and  
your community**



# Why get the COVID-19 vaccine?

The vaccines are safe and effective.

Getting fully vaccinated is the best way of protecting yourself and others against COVID-19.

**If you have not yet received the COVID-19 vaccine, it is recommended that you get the vaccine as soon as possible.**

Anyone who gets COVID-19 can become seriously ill or have long-term effects (long COVID). The COVID-19 vaccines are the best way to protect yourself and others.

Research has shown the vaccines:

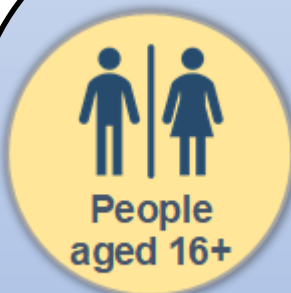
- reduce your risk of getting seriously ill or dying from COVID-19
- reduce your risk of catching or spreading COVID-19
- protect against COVID-19 variants

The first dose should give you good protection from 3 or 4 weeks after you've had it. You need 2 doses for stronger and longer-lasting protection. You are much less likely to be seriously ill and may have no symptoms at all if you have had at least two doses.

To maintain this high level of protection you should also get a booster vaccine for COVID-19. This is an essential part of ensuring immune defence.

# Who can get the COVID-19 vaccine?

The Covid-19 vaccine is recommended for most people aged 12 and over, and some children aged between 5 – 11.



People aged 16 and over can get a first, second and booster dose of a vaccine.

After you have had the first dose you will be invited for your second appointment. Your next appointment should be around 8 to 12 weeks later.

Although the first dose will give you good protection, you need the second dose and a booster jab to get longer lasting protection.



The NHS is offering the COVID-19 vaccine to children and young people aged 12 to 15 years.

Children can get a first dose of the vaccine from the day they turn 12.

All children can get a second dose from 12 weeks after they had their first dose (8 weeks if at high risk).

If your child has tested positive for COVID-19 and is not at high risk from COVID-19, they need to wait 12 weeks before they can have a COVID-19 vaccine.



Some children aged 5 to 11 can get two doses of the COVID-19 vaccine if either:

- they have a condition that means they're at high risk of getting seriously ill from COVID-19
- they live with someone who has a weakened immune system

The JCVI has advised a non-urgent offer of two doses of the Pfizer-BioNTech COVID-19 vaccine to children aged 5 to 11 years of age who are not in a clinical risk group.

The NHS are preparing to extend this non-urgent offer to all children during April 2022.



The booster jab will ensure that you have the best protection from COVID-19 that lasts throughout the winter.

Everyone aged 16 and over who had a second dose of the COVID-19 vaccine at least 3 months ago can get a booster dose.

Some children aged 12 to 15 can get a booster dose if they have a condition that puts them at high risk from COVID-19 or live with someone who has a weakened immune system.

If you had a third dose of the COVID-19 vaccine because you have or had a severely weakened immune system, you can get a booster (4th dose) from 3 months after your third dose.

3

3<sup>rd</sup> Dose

A third dose is for people with a severely weakened immune system and is different to a booster dose.

If you had a severely weakened immune system when you had your first 2 doses, the vaccine may not have given you as much protection as it can for people who do not have a severely weakened immune system.

A 3<sup>rd</sup> dose may help give you better protection.

A third dose and booster dose (4th dose) of the coronavirus (COVID-19) vaccine is being offered to people aged 12 and over who had a severely weakened immune system when they had their first 2 doses.

You'll usually be offered a 3<sup>rd</sup> dose at least 8 weeks after you had your 2<sup>nd</sup> dose.

Your doctor may suggest a different time depending on if you have any ongoing or planned treatment that affects your immune system.

4

4<sup>th</sup> Dose

Many of the oldest adults, and therefore most vulnerable, will have received their most recent vaccine dose in September or October 2021.

JCVI advises a spring (fourth) dose, around 6 months after the last vaccine dose, should be offered to:

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 12 years and over who are immunosuppressed, as defined in the Green Book

# How to get your Covid-19 vaccination

There are several ways to get a COVID-19 vaccine in Newcastle if you are eligible:

- Book online for appointments at a vaccination centre or at a community pharmacy, or call 119
- Wait to be contacted or invited by your GP surgery and book your appointments at your local GP surgery or vaccine centre
- At a Vaccine Outreach Bus or pop-up site. NHS staff are visiting local areas delivering vaccinations on a drop-in basis
- SAIS, the school aged immunisation service is now delivering vaccines in the school setting

**If you are eligible for two doses of the vaccine you will be offered the second dose 8 - 12 weeks after the first dose.**



Book or manage your COVID-19 vaccination appointment online: [Coronavirus \(COVID-19\) vaccines - NHS \(www.nhs.uk\)](https://www.nhs.uk/coronavirus/covid-19/vaccines) or call 119

You can also manage your COVID-19 vaccination appointments; view, cancel, and rebook your appointments at the webpage above.

To find out if you are eligible, visit:

[www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/who-can-get-the-vaccine/](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/who-can-get-the-vaccine/)

For drop-in clinics visit:

[www.newcastle.gov.uk/covidvaccine](http://www.newcastle.gov.uk/covidvaccine)

**If you need support booking your vaccine appointment our Welfare and Wellbeing team can help, call freephone 0800 170 7001**



You may also be contacted by a local Community Champion or receive a text message, or a call from the local authority Vaccine Team to receive your jab on the Vaccination Outreach Bus.

**Drop-in opportunities are available, see above**



**Scan the QR code for  
COVID-19 vaccination  
easy-read leaflets**

# Types of COVID-19 vaccines

The COVID-19 vaccines currently approved for use in the UK are:

- Moderna vaccine
- Oxford/AstraZeneca vaccine
- Pfizer/BioNTech vaccine
- Janssen vaccine (not currently available)

## Can I choose which vaccine I have?

You cannot usually choose which vaccine you have. When you book, you'll only be offered appointments for vaccines that are suitable for you.

Most people can have any of the COVID-19 vaccines, but some people are only offered certain vaccines.

For example:

- if you're pregnant or under 40 you'll usually be offered appointments for the Pfizer/BioNTech or Moderna vaccines
- if you're under 18, you'll only be offered the Pfizer/BioNTech vaccine

You should have the same vaccine for both doses unless you had serious side effects (such as a serious allergic reaction) after your first dose.

Most people will be offered a booster dose of the Pfizer/BioNTech vaccine or Moderna vaccine.

This means your booster dose may be different from the vaccines you had for your first and second doses.

Some people may be offered a booster dose of the Oxford/AstraZeneca vaccine if they cannot have the Pfizer/BioNTech or Moderna vaccine.

## **COVID-19 vaccines safety and side effects**

The COVID-19 vaccines approved for use in the UK have met strict standards of safety, quality, and effectiveness.

They can cause some side effects, but not everyone gets them.

Any side effects are usually mild and should not last longer than a week, such as:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy feeling or being sick

More serious side effects, such as allergic reactions or blood clotting, are very rare.



# Pregnancy, breastfeeding and fertility

You **can** have a COVID-19 vaccine if:

- you're pregnant or think you might be
- you're breastfeeding
- you're trying for a baby

The vaccine cannot give you or your baby COVID-19.

There's no evidence that the COVID-19 vaccines have any effect on your chances of becoming pregnant. There's no need to avoid pregnancy after vaccination.

Although the overall risk from COVID-19 disease in pregnant women and their new babies is low, in later pregnancy some women may become seriously unwell and need hospital treatment. Therefore, it is important that pregnant women have their vaccination as soon as they are invited.

Hospital admission and severe illness may be more common in pregnant women than in women of the same age who are not pregnant. Women with COVID-19 disease are more likely to have their babies early than women without COVID-19.

Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.

For more information visit:

[www.rcog.org.uk/globalassets/documents/guidelines/2021-02-24-combined-info-sheet-and-decision-aid.pdf](http://www.rcog.org.uk/globalassets/documents/guidelines/2021-02-24-combined-info-sheet-and-decision-aid.pdf)

# Children and young people aged 12 to 15

## Eligibility and timing of vaccination

The NHS is offering COVID-19 vaccine to children and young people aged 12 to 15 years.

Children can get a first dose of the vaccine from the day they turn 12.

Most children can get a 2nd dose from 12 weeks after they had their 1st dose.

If your child has a condition that means they're at high risk from COVID-19 or they live with someone who has a weakened immune system, they can get their second dose from 8 weeks after their first dose.

**If your child has tested positive for COVID-19 and is not at high risk from COVID-19, they need to wait 12 weeks before they can have a COVID-19 vaccine.**

This starts from the date you had symptoms, or the date of the positive test if you did not have any symptoms.

Most children aged 12 to 15 can:

- get the vaccine at school
- book their vaccination appointments online for an appointment at a vaccination centre or pharmacy
- find a walk-in vaccination site to get vaccinated without needing an appointment

## Which vaccine you will be offered

Currently the vaccine licensed for children and young people is the Pfizer vaccine. This is what all children and young people will be offered.

## Consent

Most children will be offered a first and second dose of the vaccine at school during school hours.

Second doses will be offered in schools from 10 January 2022. Children who have not yet had a vaccine can get their first dose during these vaccination sessions.

As a parent or guardian, you will get a letter or email with information about when the vaccine will be offered, and you'll be asked to give consent.

If your child misses their COVID-19 vaccination, for any reason, they may be offered it again at a later date in March, or you can book your child's vaccination appointment online:

**Coronavirus (COVID-19) vaccines - NHS ([www.nhs.uk](http://www.nhs.uk)) or call 119**, or visit one of the drop-in sites [www.newcastle.gov.uk/covidvaccine](http://www.newcastle.gov.uk/covidvaccine)

Depending on your child's age, they may be offered another vaccine at school on the same day, such as the:

- [flu vaccine](#)
- [HPV vaccine](#)
- [3-in-1 teenage booster \(Td/IPV vaccine\)](#)
- [MenACWY vaccine](#)

These are different vaccines and as a parent or guardian you will be asked to give consent for each vaccine.

# Children 5 to 11 years old at high-risk

Your GP or specialist should advise you about the COVID-19 vaccinations for your child.

Some parents may receive a letter or a phone call to invite them to make an appointment for their child to be vaccinated.

Having the vaccine makes your child less likely to get very ill from COVID-19. It will help to stop them catching and passing on the virus.

Children will be offered the Pfizer COVID-19 vaccine. Each vaccine is one third of the dose of vaccine that is given to older children and adults.

Your child needs 2 injections of the vaccine, usually 8 weeks apart. The vaccine has been tested to make sure it is as safe as possible.

The vaccine is also recommended for those children living with people who have a weakened immune system (who are immunosuppressed). This is to reduce the risk of them passing on the infection to their family members.

# 5 to 11 years of age who are not in a clinical risk group

The Joint Committee on Vaccination and Immunisation (JCVI) has previously advised that children aged 5 to 11 years in a clinical risk group, or who are a household contact of someone who is immunosuppressed should be offered a primary course vaccination of the Pfizer COVID-19 vaccine.

The JCVI has since reviewed evidence on the potential impact of extending COVID-19 vaccination to other children aged 5 to 11. Consideration had been given to the health benefits of vaccination in this age group, the potential educational benefits, and the impact on NHS services of delivering a 2-dose vaccination programme to around 5 million young children.

The JCVI has advised a non-urgent offer of two 10 mcg doses of the Pfizer COVID-19 vaccine to children aged 5 to 11 years of age who are not in a clinical risk group. The 2 doses should be offered with an interval of at least 12 weeks between doses.

The intention of this offer is to increase the immunity of vaccinated individuals against severe COVID-19 in advance of a potential future wave of COVID-19.

The NHS will prepare to extend this non-urgent offer to all children during April so parents can, if they want, take up the offer to increase protection against potential future waves of COVID-19, as we learn to live with this virus.

# Third dose vaccinations

## What is a third dose?

Those with weakened immune systems are being offered a THIRD primary COVID-19 vaccination instead of just two doses.

## The third vaccination is NOT the same as a booster.

It is a top up because, while the first two doses will have offered some protection, they may not have generated a full immune response as they do in those who do not have weakened immune systems.

## Who will get a third vaccine dose?

Children aged 12 years and over and adults whose immune systems are weakened, which means they are less able to fight off infection.

## When is the third dose given?

The third dose should be given at least eight weeks after the second dose, but timing will depend on any treatment you may be having.

## If I have a third dose, will I need a booster?

You will also need a booster dose to extend your protection – this should be given around 3 months after your extra (third) dose.

## **Why is this being called a third dose and not a booster?**

A third dose is a top up for those who may not have had a full immune response from the first two doses. The aim is to give you a similar level of protection as someone without a weakened immune system who has had two doses. A booster is an extra dose to help people who have had two doses retain their immunity, maximising their protection against COVID-19.

## **Booster jabs**

### **Why you are being offered a COVID-19 booster**

Like some other vaccines, levels of protection may begin to wane over time. This booster dose will help extend the protection you gained from your first 2 doses and give you longer-term protection.

Everyone aged 16 and over who has had a second dose of the COVID-19 vaccine, at least 3 months ago, can get a booster dose.

Some children aged 12 to 15 can get a booster dose if they have a condition that puts them at high risk from COVID-19 or if they live with someone who has a weakened immune system.

**If you are unwell, wait until you have recovered to have your vaccine, but try to have it as soon as possible. You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test.**

## **Timing of booster**

The booster is being offered to those most vulnerable first and will then be rolled down to younger age groups. Your appointment should be at least 3 months from your last dose, but you may be called later depending on your age group.

## **Which vaccine you will be offered**

You will be given a booster dose of either Pfizer or Moderna vaccine. These vaccines have already been given to millions of people in the UK.

You will be offered the right vaccine for you, which may be the same or different from the vaccines that you had before.

## **Spring vaccination programme – Fourth dose**

Many of the oldest adults, and therefore most vulnerable, will have received their most recent vaccine dose in September or October 2021. These individuals are at higher risk of severe COVID-19 and with the lapse of time, their immunity derived from vaccination may wane substantially before autumn.

Therefore, as a precautionary strategy for 2022, JCVI advises a spring (fourth) dose, around 6 months after the last vaccine dose, should be offered to:

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 12 years and over who are immunosuppressed, as defined in the Green Book



## If tested positive for COVID-19

If tested positive for COVID-19, you need to wait a number of weeks before going to a walk-in site. You need to wait:

- 4 weeks (28 days) if you're aged 18 years or over
- 12 weeks (84 days) if you're aged 16 to 17 years
- 4 weeks (28 days) if you're aged 12 to 15 years and [at high risk from COVID-19](#)

This starts from the date you had symptoms, or the date of the positive test if you did not have any symptoms.

## What's in the COVID-19 vaccines?

The COVID-19 vaccines do not contain egg or animal products.

The Oxford/AstraZeneca vaccine contains a tiny amount of alcohol, but this is less than in some everyday foods like bread.

You can find out about the ingredients in the vaccines currently available in the UK:

- [Moderna COVID-19 vaccine patient leaflet on GOV.UK](#)
- [Oxford/AstraZeneca COVID-19 vaccine patient leaflet on GOV.UK](#)
- [Pfizer/BioNTech COVID-19 vaccine patient leaflet on GOV.UK](#)

# The vaccines are suitable for people of all faiths...

- The Catholic Church have said the vaccines are acceptable and can be morally justified
- The British Sikh community supports the vaccine
- The Hindu Council actively encourages members of the community to take the vaccine
- The Church of England says that all vaccinations can be used with a clear conscience
- The British Islamic Medical Association has considered all varieties of the vaccine and recommends that Muslims have the vaccine
- The Muslim Council of Britain has confirmed that all varieties of the vaccine are Halal
- Jewish doctors in the UK have signed a letter to confirm that the vaccines do not contain any ingredients that are not kosher
- Orthodox Jewish groups have also encouraged their members to get vaccinated

# Looking after your Welfare and Wellbeing

Newcastle City Council's Welfare and Wellbeing team are at hand if you are self-isolating, are Clinically Vulnerable and require advice, need help booking your vaccination appointment or just feel you could do with some extra help. The team can talk you through how long to isolate for, and what you can and cannot do. They can match you to a volunteer to do your shopping, walk your dog, or phone you to check you're doing okay.

The team can signpost you to food banks who can help you with free or low-cost food, and in an emergency, may be able to provide a food parcel. They can also refer you to the council's finance teams who can offer advice and support around debt, budgeting, benefits, and other financial issues.

## Contact the Welfare and Wellbeing team

To get support, please complete this online form or visit [www.newcastle.gov.uk/welfare](http://www.newcastle.gov.uk/welfare)

Alternatively, call 0800 170 7001 and someone can complete the form on your behalf.

## BE CONSIDERATE. BE CAUTIOUS. BE KIND.



Wear a mask



Wash hands



Make space



Get vaccinated



Let fresh air in



Get tested & isolate

[www.newcastle.gov.uk/coronavirus](http://www.newcastle.gov.uk/coronavirus)

Newcastle  
City Council