

After your COVID-19 vaccine (jab)



**This booklet is a guide to help you.
If you are worried about your health
call NHS24 for free on 111.**



Easy read booklet



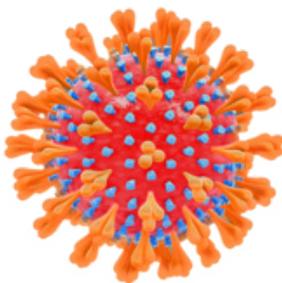
**Healthier
Scotland**
Scottish
Government



What this booklet tells you about



This booklet tells you about what will happen after you get your **COVID-19 vaccine (jab)**. You might hear people talk about a **vaccine** as a jab or an injection.



COVID-19 is a type of **virus**. A **virus** is what we call the tiny germs that cause an illness.



COVID-19 can make you very ill. Some people die if they catch it.

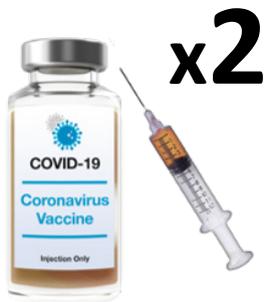


A **vaccine** is a medicine that helps keep people safe and well.

About the vaccine (jab)



The COVID-19 vaccine (jab) is an **injection** into the top part of your arm. An **injection** is when you are given medicine using a special needle. This can also be called a jab.



You get 2 **doses** of the vaccine (jab). A **dose** means each time you get the vaccine (jab). It is important to get 2 doses to protect yourself from COVID-19.



You get your second dose 21 to 28 days after your first dose.



We will tell you when to come back for your second dose.

Side effects of the vaccine (jab)



A **side effect** is how you might feel after you take a medicine like a vaccine.

You might get side effects after you get your COVID-19 vaccine (jab). These are usually **mild** which means they are not bad.



Common side effects of the COVID-19 vaccine (jab) are

- soreness or redness where you had your injection (jab)
- headache
- aching muscles
- feeling tired
- **fever**. A **fever** is when you feel hot and have a high temperature.



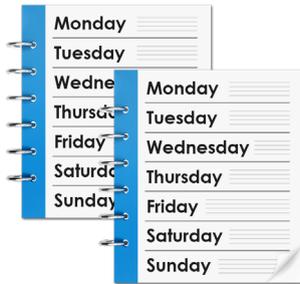
Common means these side effects happen to lots of people.



You can take paracetamol if you feel sore or you have a fever to help you feel better. Always read the label on the box before you take any medicines.



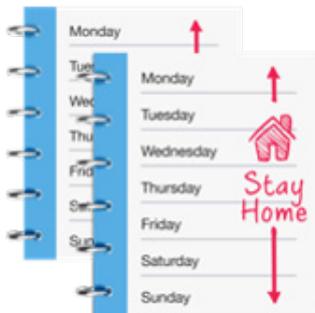
You might get **swollen glands** but this is not very common. **Glands** are parts of our bodies that fight illness. **Swollen** means your glands are bigger and painful to touch.



When your glands are swollen it means they are working hard to protect you. You might have swollen glands for 2 weeks.



You might get a fever. You don't have to **self-isolate** or book a COVID-19 test unless the fever lasts more than 2 days or you have **other symptoms of COVID-19**.



Self-isolating is when you stay at home because you have or might have COVID-19.



Other symptoms of COVID-19 are a new **continuous** cough and not being able to taste or smell like normal. **Continuous** means a cough that doesn't stop.



You do have to self-isolate and book a COVID-19 test if



- **NHS Test and Protect** contact you
- you live with someone who has just had a test that shows they have COVID-19
- you live with someone who has symptoms of COVID-19.



You are more likely to get very ill from COVID-19 than from the COVID-19 vaccine (jab).



You can tell **The Yellow Card Scheme** about your side effects. This helps us learn about the vaccine (jab).



Go to this website

coronavirus-yellowcard.mhra.gov.uk

or call this phone number

0800 731 6789

Open from 9am to 5pm Monday to Friday.

After your vaccine (jab)



We are still learning about the COVID-19 vaccine (jab). We don't know how much it will help stop the spread of COVID-19.



It is important you still follow the rules about COVID-19.



These rules are called **FACTS**.

F Wear a **face** covering

A **Avoid** crowds

C **Clean** your hands often

T Keep a **two metre distance**

S **Self isolate** and book a test if you have **symptoms**.

How to find out more



If you are worried about the COVID-19 vaccine (jab) or you want to find out more go to this website

www.nhsinform.scot/covid19vaccine or

call this phone number

0800 030 8013

Open from 8am to 8pm every day.



If you want this booklet in a different format like Braille, audio, or another language

send an email to

phs.otherformats@phs.scot



This booklet is written by

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The information in this booklet was correct when we wrote it.

For up to date information go to this website

www.nhsinform.scot/covid19vaccine