



- family history of allergies
- previous non-systemic reaction to a vaccine
- hypersensitivity to non-steroidal anti-inflammatory drugs e.g. aspirin, ibuprofen
- Myocarditis
- food
- insect sting
- most medicines (where trigger has been identified)

The guidance relating to allergies has been updated since the initial covid-19 vaccination roll out. The latest guidance in the Green Book says you can have any vaccine, including Pfizer, if you have a history of previous allergic reaction (including anaphylaxis) to:

I was advised I couldn't have the Pfizer vaccine because of my allergies but now am being offered the Pfizer vaccine as a booster. Is it safe for me to have?

Can the vaccine give me COVID?

The COVID vaccine does not give you COVID-19, however like all medicines, vaccines can cause side effects. Most of these are mild and short-term, lasting no longer than a week, and not everyone gets them.

Although serious side effects are very rare, if you experience any of the following from around 4 days to 4 weeks after vaccination you should seek medical advice urgently:

- a new, severe headache which is not helped by usual painkillers or is getting worse
- a headache which seems worse when lying down or bending over
- an unusual headache that may be accompanied by:
 - blurred vision, nausea and vomiting
 - difficulty with your speech
 - weakness, drowsiness or seizures
 - new, unexplained pinprick bruising or bleeding
 - shortness of breath, chest pain, leg swelling or persistent abdominal pain

Covid Vaccine Myths and Facts

More information:

www.gateshead.gov.uk/communitychampions

One You Gateshead:

www.facebook.com/OneYouGateshead

www.twitter.com/OneYouGateshead

Gateshead Council

www.gateshead.gov.uk/Coronavirus

Beat Covid North East:

www.beatcovidne.co.uk

NHS

www.nhs.uk/

GOV UK

www.gov.uk/coronavirus

Will I be forced to take the vaccine?

Vaccination is a choice, but taking the vaccine provides protection for both yourself and vulnerable people around you.

Are COVID vaccines unsafe because they were developed too quickly?

COVID vaccines have been developed quickly because of the efforts of experts across the world have been focused on developing this vaccine. The vaccines have had three stages of clinical trials and have been tested on tens of thousands of people around the world.

Should I be worried about blood clots?

There have been reports of an extremely rare adverse event involving blood clots with low levels of platelets after vaccination with the AstraZeneca vaccine. Similar conditions can occur naturally, and clotting problems are also a common complication of Covid infection. As a precaution, people whose risk is greater, albeit still extremely small, will only be offered appointments for other vaccines.

Benefits and risks of the vaccination

Age	Risk from COVID-19	Risk of vaccination	Benefit of vaccination
50 years of age or older or with underlying medical conditions	Very high – hospitalisation, intensive care admission, death	Uncommon – sore arm, feeling tired, headache, general aches, flu like symptoms	1 dose – more than 80% reduction: deaths, hospitalisation, intensive care
	Moderate – long COVID	Extremely rare – clotting problems (around 1 in 100,000 first doses)	2 doses – more than 95% reduction: deaths
	Low – chance of catching and spreading infection		
40 to 49 years of age	High – chance of catching and spreading infection	Common – sore arm, feeling tired, headache, general aches, flu like symptoms	1 dose – more than 80% reduction: deaths, hospitalisation, intensive care
	Moderate – hospitalisation, intensive care admission, death, long COVID	Extremely rare – clotting problems (around 1 in 100,000 first doses)	2 doses – more than 95% reduction: deaths
30 to 39 years of age	High – chance of catching and spreading infection	Common – sore arm, feeling tired, headache, general aches, flu like symptoms	1 dose – between 60% and 70% reduction: catching and passing on infection
	Moderate – long COVID	Extremely rare – clotting problems (around 1 in 50,000 first doses)	2 doses – more than 85% reduction: catching and passing on infection
	Low – hospitalisation, intensive care admission, death		
18 to 29 years of age	Very high – chance of catching and spreading infection	Very common – sore arm, feeling tired, headache, general aches, flu like symptoms	1 dose – between 60% and 70% reduction: catching and passing on infection
	Moderate – long COVID	Extremely rare – clotting problems (around 1 in 50,000 first doses)	2 doses – more than 85% reduction: catching and passing on infection
	Very low – hospitalisation, intensive care admission, death		