



Your guide to the COVID-19 vaccine

*Lewisham Primary Care BME Network
in conjunction with
The Do No Harm Collective*



General information

Why do we need it?

Vaccines are the most effective way for us to reduce the risk of people contracting severe COVID-19. Vaccines such as COVID-19, MMR, HPV and TB vaccinations, protect us from viral and bacterial infections by preparing the body's immune system.

How does it work?

Vaccines stimulate your body to produce antibodies that will remember how to fight the virus if infected in the future. This is how they reduce the risk of suffering from long term effects and/or illness.

Different types of vaccine

Getting the vaccine will reduce the risk of suffering from long-term effects of COVID-19. You do not get full protection from the virus until you get both doses.



Viral vector vaccines

Oxford-AstraZeneca
Janssen

Contains a weakened version of a live virus (different to the COVID-19 virus) that contains genetic material from the virus that causes COVID-19.



mRNA vaccines

Pfizer/BioNTech
Moderna

Contains synthetic genetic material from the virus that causes COVID-19. This will give our body cells instructions to make harmless proteins unique to the virus.



Protein based vaccines

Novavax
GlaxoSmithKline/Sanofi
Pasteur

Contains harmless proteins from the virus that cause COVID-19 instead of the entire germ.



Inactivated vaccines

Valneva

Contains an inactive/dead version of the virus.

Continue wearing your mask and social distancing - This ensures that you are protected and protect those who have not been vaccinated.

Source: NHS and CDC



Frequently Asked Questions

Do I still need the vaccine if I have already had COVID-19?

It is still necessary to get the vaccine, even if you have had COVID and recovered. This is because you can be reinfected with COVID-19, and getting the vaccine will help reduce the risk of severe long term health effects associated with the virus.



Can I catch COVID-19 from the COVID-19 vaccine?

No, the vaccine cannot give you COVID-19. If you begin to experience symptoms of COVID-19, you may have caught it and not realised until after your vaccination.



Does the vaccine cause infertility?

There has been no evidence to support the idea of the COVID vaccine causing infertility in males or females.



Can I still pass it on if I have had the vaccine?

Yes. Even though the risk is low, you can still get and pass on COVID after getting the vaccine. This is why it is important to continue to wear a mask after you get the vaccine.



Source: Public Health England



Does it actually change your DNA?

This material will not cause any change to your own DNA. Once injected, mRNA is broken into harmless bits. mRNA is structurally different to DNA, so it can not combine with our DNA to change it.

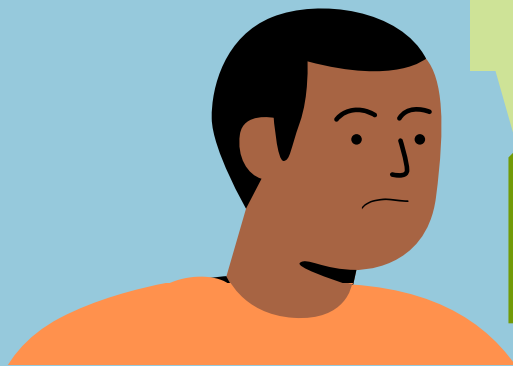
Are there trackable microchips in the vaccine?

There is no vaccine microchip, and no evidence to support these claims. It is a false rumour based on the idea of digital certificates, which would be used to show who had recovered, been tested and received a vaccine.



Does the vaccine contain pork?

No, there is no animal product in any of the vaccines. Whilst some vaccines contain gelatine (pork), **none of the COVID vaccines used in the UK do.** Full information on vaccine ingredients can be found in patient information leaflets.



Useful resources

FOR MORE
INFORMATION ON THE
VACCINE YOU CAN
REFER TO THESE
ONLINE SOURCES:

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/

www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

www.nhsconfed.org/networks/nhs-race-and-health-observatory/vaccine-uptake

Source: NHS and CDC

Your guide to: COVID-19 Vaccine

Why do we need it?

We need vaccines because they are **the most effective way for us to reduce the risk of people getting severe COVID-19**. Vaccines such as COVID-19, MMR, HPV and TB vaccinations, protect us from viral and bacterial infections by preparing the body's immune system.

How does it work?

Vaccines stimulate your body to produce antibodies that will remember how to fight the virus if infected in the future. This is how they reduce the risk of suffering from long term effects and/or illness.

Different types of vaccine



Pfizer/BioNTech



Moderna

Contains synthetic genetic material from the COVID-19 virus. This gives our body cells instructions to make harmless proteins unique to the virus.



AstraZeneca

Contains a weakened (inactive) version of COVID-19 virus that contains genetic material from the COVID-19 virus. This gives our body cells instructions to make harmless proteins unique to the virus.

The COVID-19 vaccine is given as two doses. The second dose should be administered 3-12 weeks after the first dose. The vaccine is **most effective when the two doses have been taken**.



Continue wearing your mask and social distancing - This ensures that you are protected and protect those who have not been vaccinated.



"Does the COVID-19 vaccine contain a trackable microchip?"

There is no vaccine microchip, and there is no evidence to support these claims.

"Will the COVID-19 vaccine affect my fertility?"

There is currently no evidence supporting the idea that any COVID vaccine causes infertility in males or females.

"Will the COVID-19 vaccine change my DNA?"

No. Some vaccines contain mRNA, which is structurally different from DNA. mRNA cannot combine with our DNA and change it.

"How do I know that the vaccine is safe?"

Vaccines go through rigorous clinical trials. All vaccines in the UK must be approved by a regulatory board, MHRA. This ensures that medicines are acceptably safe.



Vaccines are the most effective way to end the pandemic.



For more information, visit the NHS website or talk to a healthcare professional.