COVID-19 FACTS

DERBYSHIRE County Council

Why is it so important to carry on following the guidance after my vaccination?

Although the vaccines are a great step in the right direction we still all need to carry on with prevention measures and testing to help stop the spread.
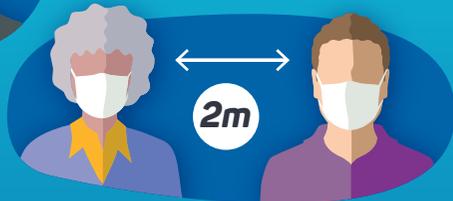
It's also possible you might still pick up or spread COVID-19 even if you have been vaccinated.

This means it's important to:

- Regularly wash your hands with soap and water for at least 20 seconds
- Wear a face covering whenever possible

2m

- Follow social distancing guidance - remember two metres is best

- Let fresh air in when you're inside by opening windows and doors

It's important that we all keep following these measures, until we are told that we can stop.

We're still here for you

There's lots of help and advice for you during these difficult times. We've gathered together some of the organisations available to lend a hand.

Community Response Unit

You could get help from our Community Response Unit if you are self-isolating because you, or a member of your household, is at risk from coronavirus.

Our Community Response Unit can help you with booking your vaccine appointment or getting you to the vaccination centre.

You can register for help online at www.derbyshire.gov.uk/get help or call 01629 535091.

Live Life Better Derbyshire

Free support to help you stop smoking, lose weight and get more active.

To find out more call 0800 085 2299 or visit www.livelifebetterderbyshire.org.uk

Derbyshire Mental Health Helpline and Support Service

Call freephone 0800 028 0077. The support line is open 24 hours a day, seven days a week.

Domestic Abuse

To report or discuss domestic abuse, you can call 08000 198 668 or text 07534 617 252. Or visit www.theelmfoundation.org.uk

If it's an emergency, call 999.

Financial Support

The pandemic has caused money worries for many people but there are lots of places you can go to get free help and advice.

Visit www.derbyshire.gov.uk/moneyhelp to get the latest information and support.

Alternatively you can call Citizens Advice on 0800 144 8848 or Derbyshire County Council Welfare Rights Team on 01629 531535.

DERBYSHIRE County Council

COVID-19

Get the FACTS for a safer Derbyshire

We know it's been a difficult and confusing year – we're here to help.

We've listened to the questions you've been asking about COVID-19 and we've put together quality assured, professional information to help answer them.

To get the facts, not fiction, about COVID-19 visit: **www.derbyshire.gov.uk/covidfacts**

COVID-19 FACTS

How was the vaccine developed so fast?

All the approved COVID-19 vaccinations have passed the same rigorous safety and quality checks as any other new drug or vaccination.

There are a several reasons why progress on the COVID-19 vaccines has been so fast and these include:

- Once scientists knew the particular characteristics of COVID-19, knowledge gained from previous vaccine development could be used
- The global nature of COVID-19 meant many researchers across the world stopped their previous work and focused entirely on developing the COVID-19 vaccines
- Financial investment from governments removed the need for grants that can slow research down
- Huge numbers of volunteers stepped forward.

Will I have side effects from the vaccine?

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. Having these symptoms means that your immune system is working as it should be.

Very common side effects include:

- A sore arm where the needle went in
- Feeling tired
- A headache
- Feeling achy
- Feeling or being sick

Side effects normally last less than a week but if your symptoms seem to get worse, or if you are concerned, call NHS 111.

If you seek advice from a doctor or nurse, make sure you tell them about your vaccination - show them your vaccination card if possible - so that they can assess you properly.

Can I get COVID-19 from the vaccine?

No you can't catch COVID-19 from the vaccine. It doesn't contain the live virus and cannot give you a COVID-19 infection.

It is possible to have caught COVID-19 before your appointment however. You may not realise you have the infection because you are not experiencing symptoms.

Please be aware that it takes up to three weeks after your vaccination for you to begin developing protection from infection.

The vaccines currently available in the UK require two doses, to reach the best level of protection.

Why are you testing people with no symptoms?

One in three people with COVID-19 do not have any symptoms, so testing people with no symptoms can help identify those people and stop the spread.

You can find out more about community testing at www.derbyshire.gov.uk/communitytesting

Why is it so important to have two doses of the COVID-19 Vaccine?

It is very important to have both doses of the vaccine.

While the first dose will give you some protection from COVID-19 infection, you will need to have the second dose so your body can further increase your level of protection.