



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 vaccination

A guide for children and
young people with underlying
health conditions

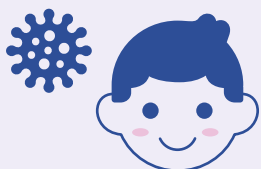
Simple text | Version 1a | September 2021



What is COVID-19 or coronavirus?



COVID-19 is an illness sometimes called coronavirus.



Most children who get COVID-19 have no symptoms. Those that do, have mild symptoms like a bad cold.



A few children and young people will get very poorly and have to go to hospital.

Who should have the COVID-19 vaccines?

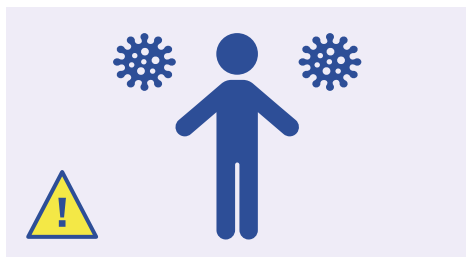


The vaccine is most important for the small number of children and young people who are likely to get poorly with COVID-19.

They include those with:



Severe neurodisabilities.



Immunosuppression – those whose immune systems don't work as well. Also those who live with someone who is immunosuppressed.



Profound and multiple or severe learning disabilities.

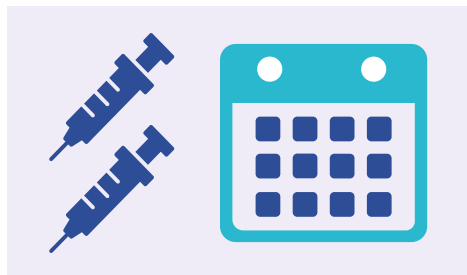
Being on the learning disability register.

Those living with Down's syndrome.



All these children and young people who are aged 12 to 15 years of age, should have the COVID-19 vaccinations.

About the vaccine



You will need 2 injections of the vaccine usually 8 to 12 weeks apart.



The vaccine has been tested to make sure it is as safe as possible.

Knowing if you should get a vaccine



If you have specific underlying health conditions that puts you at risk from severe COVID-19 you will be offered the vaccination.

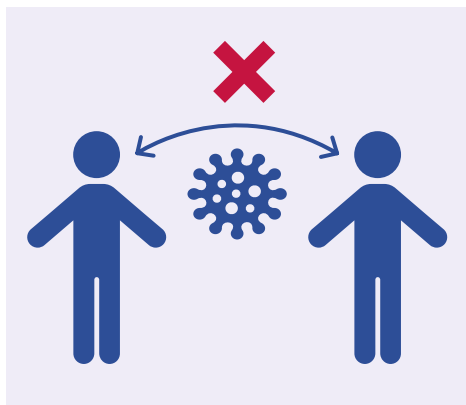
You will be contacted when you are due your vaccination.

If you live with someone who is immunosuppressed you will need to make a self-referral here gov.wales/covid-19-vaccinations-household-contacts-immunosuppressed-people

Can you give COVID-19 to anyone after you have had the vaccine?



Having the vaccine makes you less likely to get very ill from COVID-19.



It will help to stop you from catching and passing on the virus.

Common side effects

A heavy feeling or
soreness where
you had the
injection



Feeling achy
or like you've
got the flu



Feeling tired

ZZZ



Having a
headache



If you feel feverish (like you're very hot or very cold) you should:

Rest



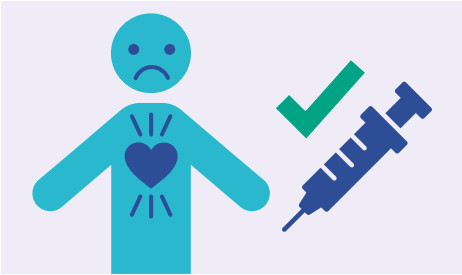
Take the correct
dose of
paracetamol
for your age



You should feel better
in less than a week



Rare but serious side effects



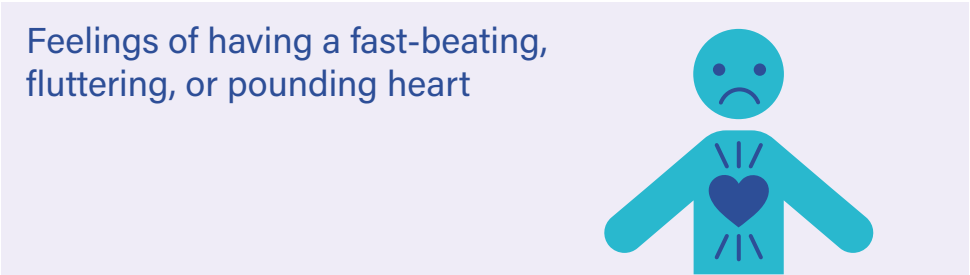
Worldwide, there have been recent, rare cases of inflammation of the heart reported after COVID-19 vaccines.



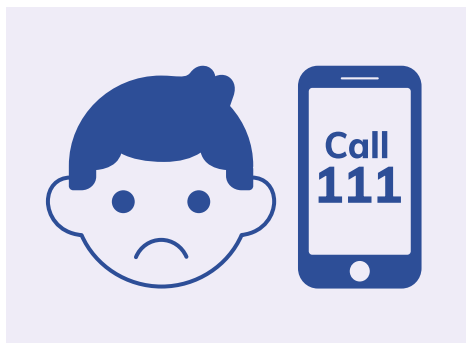
These cases have been seen within a few days of vaccination.

Most people felt better after a few days of simple treatment.

You should seek medical advice urgently if you experience:



Rare but serious side effects (continued)



If you feel very poorly after vaccination and you are concerned, look at: **111.wales.nhs.uk** online, and if necessary call NHS 111 Wales on **111** or your GP surgery.

Make sure you tell them about the vaccine, or show them your vaccine record card.



If you think you have a serious side effect from the vaccine you can report them using the yellow card scheme.

The Coronavirus Yellow Card system is a website where you can report any side effects from the vaccine.

You may need support to access this website: **coronavirus-yellowcard.mhra.gov.uk**

What do I need to do?



You will receive information about when and where to get vaccinated.



On the day of the appointment, wear practical clothing so it's easy to get to the top of your arm.



If you have a fear of needles or feel anxious, let the person giving your vaccine know. They will be understanding and support you.

What do I need to do next?

The image shows a sample of a 'My personal COVID-19 vaccine record card'. It has a white background with a green header bar containing a shield icon and the title. Below the title, there are two input fields: 'Name' and 'Date of birth'. The text on the card states: 'You should have **two separate doses** of a COVID-19 vaccine for it to be most effective at protecting you against COVID-19.' and 'Your **second** COVID-19 vaccine is due on:'. A green box with white text says 'Please bring this card to your next appointment.' Below this, it says 'As these are new vaccines, we encourage you to report any side effects via the Yellow Card Scheme at: coronavirus-yellowcard.mhra.gov.uk/ or by phoning for free on: 0800 731 6788 (Sun to 5pm Monday to Friday)'. At the bottom, there are three logos: 'Vaccination saves lives', 'NHS.uk', and 'GIG NHS.uk'.

When you've had the first injection, you should get a vaccine record card. This card may have your next appointment for 8 to 12 weeks time.



Although the first dose will give you good protection, you need the second dose to get longer-lasting protection.



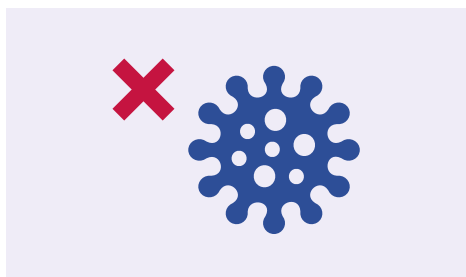
Keep your card safe and make sure you go to get your second injection.

How long does the vaccine take to work?



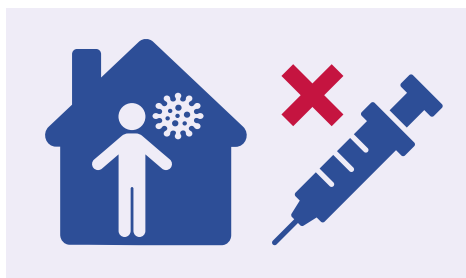
It can take a few weeks for the vaccine to protect you.

Does the vaccine work for everyone?



The vaccine doesn't completely stop everyone getting COVID-19, but if you do, it should still stop you being very poorly.

What to do if you are not well when it is your next appointment



You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or result or are unsure if you are fit and well. Call to cancel and wait until you have recovered to have the vaccine.



After the vaccine, you should still:

Wear a face mask in crowded indoor spaces



Meet outdoors or if indoors, let fresh air in



Wash your hands carefully and often



Follow the current guidance on gov.wales/coronavirus



Signs of COVID-19



A new cough and you keep on coughing.



A high temperature.



Your smell or taste going away or changing.



If you have the symptoms above, stay at home and arrange to have a test.



Further information on symptoms is available on **111.wales.nhs.uk**



If you cannot use the 111 Wales website, phone NHS **111** Wales. If 111 is not available in your area call **0845 46 47**.

Where can I get more information?

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at: **[111.wales.nhs.uk/coronavirus\(2019ncov\)](https://111.wales.nhs.uk/coronavirus(2019ncov))** and **coronavirus-yellowcard.mhra.gov.uk/productinformation**

If you have any questions or want more information look at: **111.wales.nhs.uk** online, talk to your doctor or nurse or call NHS 111 Wales. If 111 is not available in your area, call **0845 46 47**. Calls to 111 are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual access charge.

To find out how the NHS uses your information, visit: **111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights**

For other formats of this leaflet visit: **phw.nhs.wales/covid-19-vaccination**



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