



Mae Brechu yn achub bywydau
Vaccination saves lives



COVID-19 vaccination and blood clotting

Information about your vaccination

The UK vaccination programme has been very successful with more than 34 million people vaccinated and more than 10,000 lives already saved. The rapid rollout has meant that we have been able to protect more people and we are starting to lift the restrictions on our population. This leaflet is designed to help you make an informed decision about vaccination.

What is the concern?

Recently there have been reports of an extremely rare but serious condition involving blood clots and unusual bleeding after AstraZeneca (AZ) vaccination. Some people with this condition have suffered life changing effects and some have died. These cases are being carefully reviewed but the risk factors for developing this condition are not yet clear.

Although this condition remains extremely rare there is a higher risk in people after the first dose of the AZ vaccine. To date and overall, just over 10 people develop this condition for every million doses of AZ vaccine given across all ages. Cases are seen more often in younger people. First symptoms occur between 4 days and 4 weeks following vaccination.

Similar conditions can also occur naturally, and clotting problems are a common complication of COVID-19 infection. An increased risk of this condition has not been seen after other COVID-19 vaccines in the UK.

Which vaccine will I be offered?

Until recently we have relied upon all our vaccines being offered without preference to the whole adult population. The Joint Committee on Vaccination and Immunisation (JCVI) has considered the balance of risks and benefits and made the following advice (see further detail over the page).

Age 40 and over and all adults with underlying medical conditions

Older adults (including health and social care workers age 40 and over), care home residents and adults of any age with certain medical conditions are at high risk of the complications of COVID-19. The Medicines and Healthcare products Regulatory Agency (MHRA) and JCVI advise that you should still receive any of the available COVID-19 vaccines¹. The benefits of vaccination in protecting you against the serious consequences of COVID-19 outweigh the risk of this rare condition. You should also complete your course with the same vaccine you had for the first dose.

If you are a healthy person aged 30 to 39 years

In the current situation the JCVI has advised that it is preferable for people in this age group to have a vaccine other than AZ. You are more at risk of the serious consequences of COVID-19 and will have the most benefit from being vaccinated if you are older, male, from certain minority ethnic backgrounds, in some occupations, or are obese.

If the situation changes and you are offered the AZ vaccination you may wish to go ahead after you have considered all the risks and benefits for you. If you decide not to have AZ you may have to wait for a few weeks for an alternative vaccine. This will leave you without the protection the vaccine offers and you can still pass on the virus. Please carefully consider the risk to both you and your family and friends of COVID-19 before making your decision. Please see the table on the next page.

If you are a healthy younger person aged 18 to 29

Currently JCVI has advised that it is preferable for people under 30 to have a vaccine other than AZ because the risk from COVID-19 infection is so low. If you are offered the AZ vaccination you may wish to go ahead after you have considered all the risks and benefits for you.

What about the second dose?

If you have already had a first dose of AZ vaccine without suffering this very rare side effect you should complete the course. This includes people aged 18 to 39 years. It is expected that the first dose of the vaccine will have given you some protection, particularly against severe disease. Having the second dose will give you higher and longer lasting protection and tends to cause less of the common side effects (including short lived headache).

¹ If you have certain rare blood clotting disorders then you should discuss whether you can have the AZ vaccine with your specialist

What are the benefits and risks of the vaccination?

Age	Risk from COVID-19	Risk of vaccination	Benefit of vaccination
Over 50 years of age and all adults with underlying medical conditions	<p>Low</p> <ul style="list-style-type: none"> chance of catching and spreading infection <p>Very high</p> <ul style="list-style-type: none"> hospitalisation intensive care admission death <p>Moderate</p> <ul style="list-style-type: none"> Long COVID 	<p>Uncommon</p> <ul style="list-style-type: none"> sore arm feeling tired headache general aches flu like symptoms <p>Extremely rare</p> <ul style="list-style-type: none"> clotting condition (around 1 in 100,000 first doses) 	<p>One dose more than 80% reduction</p> <ul style="list-style-type: none"> deaths hospitalisation intensive care
40 to 49 years of age	<p>High</p> <ul style="list-style-type: none"> chance of catching and spreading infection <p>Moderate</p> <ul style="list-style-type: none"> hospitalisation intensive care admission death Long COVID 	<p>Common</p> <ul style="list-style-type: none"> sore arm feeling tired headache general aches flu like symptoms <p>Very rare</p> <ul style="list-style-type: none"> clotting condition (around 1 in 100,000 first doses) 	<p>Two doses more than 90% reduction</p> <ul style="list-style-type: none"> hospitalisation intensive care
30 to 39 years of age	<p>High</p> <ul style="list-style-type: none"> chance of catching and spreading infection <p>Low</p> <ul style="list-style-type: none"> hospitalisation intensive care admission death <p>Moderate</p> <ul style="list-style-type: none"> Long COVID 	<p>Common</p> <ul style="list-style-type: none"> sore arm feeling tired headache general aches flu like symptoms <p>Rare</p> <ul style="list-style-type: none"> clotting condition (around 1 in 50,000 first doses) 	<p>Two doses more than 95% reduction</p> <ul style="list-style-type: none"> death <p>One dose between 60% and 70% reduction</p> <ul style="list-style-type: none"> catching and passing on infection
18-29 years of age	<p>Very high</p> <ul style="list-style-type: none"> chance of catching and spreading infection <p>Very low</p> <ul style="list-style-type: none"> hospitalisation intensive care admission death <p>Moderate</p> <ul style="list-style-type: none"> Long COVID 	<p>Very common</p> <ul style="list-style-type: none"> sore arm feeling tired headache general aches flu like symptoms <p>Rare</p> <ul style="list-style-type: none"> clotting condition (around 1 in 50,000 first doses) 	<p>Two doses more than 85% reduction</p> <ul style="list-style-type: none"> catching and passing on infection

What should I look out for after vaccination?

Serious side effects are very rare, but 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 to get 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

Further information can be found at the following link:

phw.nhs.wales/covid-19-vaccination

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