

How do I book my

COVID-19

Vaccination?



Help for women,
hope for everyone.



PHONE

119

Pre-booked appointments are
available every day

ONLINE

Book via the NHS Website

[NHS Website](#)

WALK-IN

No appointment necessary, this page
is updated daily with locations and
vaccine availability

[Sussex Health & Care Website](#)

You do not need ID or to be GP
registered

Please wait 8 weeks between 1st and
2nd dose

ANXIOUS ABOUT YOUR VACCINE?

Together Co Vaccine Buddies can accompany you,
call 01273 229 002 or email:
socialprescribing.togetherco@nhs.net with the title
Vaccine Buddies.

FAQs



IS IT SAFE?

Some people are worried about how quickly the vaccines have come out (i.e. lack of testing etc), but the global response meant that the development could happen quicker. This included:

- The different phases of the vaccine trial were run at the same time, rather than one after the other, which sped up the clinical process.
- The data from the trials was shared with the MHRA as soon as it was available, rather than waiting until the end.
- Funding for all of the trials was available at every stage, so there were no delays often caused by seeking funding to continue.
- Thousands of people were recruited to take part in the clinical trial very quickly, as it was a global effort and many people wanted to volunteer

[WHO video - vaccine development & safety](#)

[NHS Vaccine safety](#)

HOW DOES IT WORK?

- Vaccines teach your immune system how to create antibodies that protect you from diseases.
- It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them.
- Once your immune system knows how to fight a disease, it can often protect you for many years.
- More information on how vaccines work and why they are important is available on the [NHS website](#).

WHAT ABOUT MY DNA?

There is no evidence to suggest that vaccines alter your genetic material. The Pfizer/BioNTech vaccine uses mRNA technology. This teaches our cells to make protein that triggers a protective immune response. The mRNA is broken down soon after it enters the body. mRNA never enters the nucleus of the cell, where our DNA is kept

[NHS Video - what is in the vaccine](#)

WILL I GET COVID FROM THE VACCINE?

You cannot catch Covid-19 from the vaccine but it is possible to have caught Covid and not develop the symptoms until after your vaccination appointment.

You also cannot 'shed' the virus after having the vaccine, as the vaccine does not contain the virus.

WHAT ARE THE SIDE EFFECTS?

Most side effects of the COVID-19 vaccine are mild and should not last longer than a few days, such as:

- a sore arm where the needle went in
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You can take painkillers, such as paracetamol, if you need to.

Although a mild fever can occur within a day or two of vaccination, if you have any other Covid symptoms (new continuous cough or loss of/change in your normal sense of taste or smell) or your fever lasts longer, stay at home and arrange to have a test.

[NHS Website - Vaccine side effects](#)

FAQs



HOW CAN WE BE SURE THERE ARE NO LONG TERM SIDE EFFECTS?

Every single vaccine authorised for use in the UK has been assessed for safety by the MHRA. Millions of people have already received the Covid-19 vaccine. The MHRA operates the Yellow Card scheme on behalf of the Commission on Human Medicines (CHM). The scheme collects and monitors information on suspected safety concerns and relies on voluntary reporting of suspected adverse incidents by healthcare professionals and members of the public (users, patients and healthcare professionals). You can find out more at yellowcard.mhra.gov.uk

WHAT ABOUT MY MENSTRUAL CYCLE?

There have been some reports of affected menstrual cycles, but it is hard to know if it is the vaccine or one of the many other things that can impact menstrual cycles, eg stress, nutrition, food. Numbers are very low and do not currently show an increased risk. Government information here: [Yellow Card](#)

There is no evidence that the vaccine affects fertility, or your chances of becoming pregnant. There is no need to avoid pregnancy after COVID-19 vaccination. There is no evidence that COVID-19 vaccines have any effect on fertility.

I'VE HEARD ABOUT BLOOD CLOTS, WHAT VACCINE IS SAFE?

Recently there have been reports of a very rare condition involving blood clots and unusual bleeding after vaccination with the Oxford/Astra Zeneca vaccine. This is being carefully reviewed but the risk factors for this condition are not yet clear. Although this condition remains extremely rare there appears to be a higher risk in people who have had the first dose of the AstraZeneca (AZ) vaccine. Around four people develop this condition for every million doses of AZ vaccine doses given.

[COVID-19 vaccination and blood clotting](#)

I'VE HAD COVID, DO I NEED THE VACCINE?

Yes, you should still get vaccinated when you are eligible even if you have had Covid.

Some might think that having COVID is the same as the vaccine, but even if you've had COVID you should get the vaccine. Natural immunity may not last as long, and there is no way of knowing if you are protected. The vaccine provides a more effective immune response against any future infections

I'VE HAD ONE DOSE, IS THAT ENOUGH?

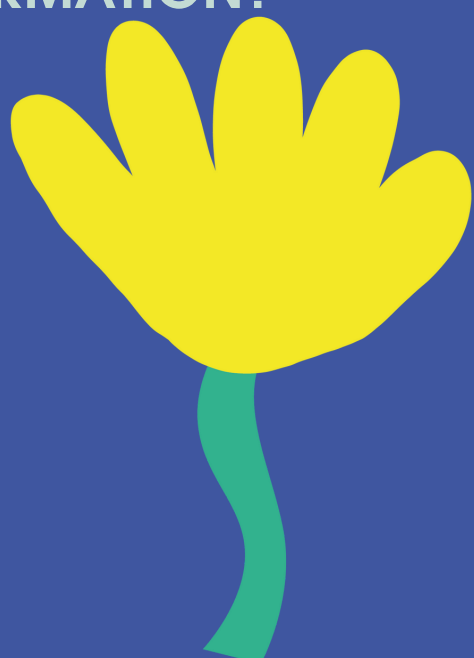
Vaccines offer important protection to reduce risk, but they don't make you invincible. Protection from any vaccine takes time to build up. In general, the older you are the longer it takes.

It will take at least two weeks in younger people and at least three weeks in older people before you can expect to have a good antibody response. Even better protection then comes from the second dose, so it's really important that everyone gets their second vaccination.

WHAT ABOUT UNDER 18'S?

This FAQ is for those 18 and over, for more specific information about vaccines for under 18's please check the [NHS website](#)

MORE INFORMATION?



FAQs

- [Sussex Health & Care](#)
- [NHS Vaccine](#)
- [Oxford University Hospitals FAQ](#)

Other languages

[NHS England](#)