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What to expect at The Limes Covid Vaccination Clinic

At this clinic you will be receiving the **Astra Zeneca** Vaccine

For all appointments for Covid vaccination:

- Before you leave home to receive your vaccine, please ensure that you have a face covering. **If you have any symptoms of the Covid-19 virus, please do not attend.** Contact us and we will reschedule your appointment for a later date.
- If possible, you should attend your appointment unaccompanied in order to limit the number of people in the building.
- **PLEASE AVOID DRIVING TO THE CLINIC IF AT ALL POSSIBLE. IT IS BEST TO WALK.** There is limited parking available at The Limes and, due to the large numbers that we vaccinate in one session, congestion can occur.
- If you do have to come in a car then it is best to be driven by another person as current guidance is that you do not drive for 15 minutes after receiving the vaccine. If you have been driven to your appointment, please ask the driver to wait in their car whilst you have your vaccine to reduce numbers coming into the building.
- Once you have checked in with reception, you will be directed through the building following a one way route to a vaccination room. We recommend at this point you should remove your coat to expose one of your arms so that you are ready to receive your vaccination.

- When you arrive at your designated room, the clinician may ask you some questions and will check that you are happy to receive the vaccine. You will then be vaccinated.

After the vaccination

Serious adverse reactions are rare following the COVID-19 vaccination, however it is not uncommon to experience some discomfort for a few days at the injection site. Tiredness (>60%), headache (>50%), muscle aches (>30%), chills (>30%), joint pain (>20%) and a raised temperature (pyrexia) (>10%) may also occur. Paracetamol can be taken before the vaccine to decrease the chance of developing a fever. Paracetamol does not decrease the effectiveness of the vaccine.

Blood Clots

You will likely be aware of the recent identification of a rare risk of developing an unusual type of blood clot following vaccination with some of the Covid vaccinations, including the Astra Zeneca version.

The overall risk of developing this type of blood clot is around 5 per 1,000,000 although the rate is higher in younger people (11 per 1,000,000 in the 25 year old age group) which has led to the Astra Zeneca vaccine only being used in the over 30's.

This rare type of blood clot appears to be linked to an overactive immune response which affects platelets in the blood. It is completely different to the usual type of blood clots that people get in their legs (Deep Vein Thrombosis) or lungs (Pulmonary Embolus). That is why people who have had a history of Deep Vein Thrombosis or Pulmonary Embolus are safe to have the Astra Zeneca vaccine.

We have all seen the fantastic, huge drop in the Covid figures nationally. This is in large part due to success of the NHS Covid vaccination programme.

It is the strongly held opinion of all the Partners at The Limes that the benefits of having Covid vaccination, both for the individual and our community, overwhelmingly outweigh this incredibly small risk.

Effectiveness

The most recent research has shown that both the Pfizer and Astra Zeneca vaccines are very effective in producing an antibody response, preventing Covid infection and, if Covid infection were to occur, preventing severe disease. The latest published results are that they are 65% effective 3 weeks after the first dose, increasing to 90-95% after the second dose.

Although the vaccines have been shown to be very effective in preventing COVID-19, you should continue to follow current national guidance regarding permitted activities, social distancing, wearing a face mask and washing hands thoroughly and frequently.

Second Vaccinations

At this time we do not know when your second vaccination will occur but it is likely to be 10 to 12 weeks from the date of the first. We will be in contact with you when our supply of the second dose vaccine is confirmed. There is no need to contact the surgery regarding this.

If you have any concerns talk to your doctor, pharmacist or nurse.

If you wish you can also report side effects directly via the Coronavirus Yellow Card reporting site at <https://coronavirus-yellowcard.mhra.gov.uk/>

More information about the vaccine can be found at:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>