



Thank you for having
your covid vaccine at



Latitude 2021



Please following this safety guidance after having your vaccine:

1. Avoid the consumption of alcohol and recreational drugs for 24 hrs after you have had your vaccination.
2. Ensure that you keep yourself hydrated, drinking plenty of water and eat both before and after having your vaccine.
3. Any side effects are usually mild and should not last longer than a week, such as; a sore arm from the injection, feeling tired, a headache, feeling achy, feeling or being sick.
4. Use paracetamol for these minor side effects (follow the manufacturer's instructions on how to take paracetamol).
5. If you become unwell and require medical attention, come back to the vaccination team where you had your vaccine or go to the medical tent for advice. The vaccination bus is open every day 10:00 – 16:00 and the medical tent is open 24 hours a day during the festival. You can also call NHS 111 for health advice.
6. Please keep your vaccination wrist band on until you get home so we can identify you as someone who has had a vaccine at Latitude.

