

Information about the Covid-19 (Coronavirus) vaccination programme



This is **not** an appointment letter but it has **important** and helpful information so please **keep it safe**



The Covid-19 vaccination programme is the **biggest** ever done by the NHS



It will take a **long time** to complete it ...



... but we have made a very **good start**

We are working **really hard** to get the job (**vaccination**) to everyone who is most at risk **as soon as possible**



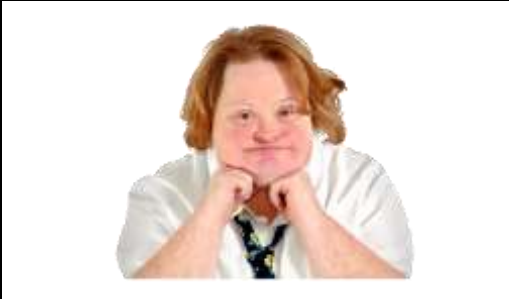
We know you might still be waiting for an appointment for your job BUT we **haven't forgotten you**



Please **DO NOT** contact your GP (doctor) to ask for an appointment for the Coronavirus jab



It might take a **few weeks** before we are able to contact everyone



Please **be patient** because the NHS is **very busy** at the moment



This letter has **information** about:

- **How and when** you will be get an appointment for your jab
- **Where** you will have to go for your jab
- **What do to** when you go for your appointment
- Information about emails and texts that say they are from the NHS but are not (**scams**)
- Information about the **first (1st)** and **second (2nd) doses** of the vaccine

How and when you will get an appointment for your jab



Your **GP (doctor) and the NHS** will **decide** who needs to have the jab first



At the moment there are **8 priority groups**

You can only have a jab at the moment if you are in one of these groups

- people aged 80 years +
- people aged 75 years +
- people aged 70 years +
- people living in a care home for adults aged 65+
- staff working in care homes for people who are aged 65+
- frontline health care workers
- frontline social care workers
- adults who the NHS says are very vulnerable



When it is **your turn** to have a jab you will be contacted in 1 of 2 ways



You might get a letter, a phone call or a text from your own GP (doctor) inviting you to book an appointment at your own surgery or at another one that is close by



.... or, you might get a **letter** from **NHS England** inviting you to book an appointment at a hospital, a pharmacy or at a large vaccination centre



If you are **aged 70 years or over**, or if you are considered to be **clinically extremely vulnerable** you should have received an invitation to book an appointment already



If you haven't, **this is what you should do:**

- you can now book at appointment **online** at www.nhs.uk/covid-vaccination or
- you can **call 119** (free), between 7am and 11pm. This line is open 7 days a week



If you cannot book a convenient appointment you can call your own GP practice



If you think you will have a **problem getting to your jab appointment** because:

- you have a problem walking
- you have special access needs
- you don't have anyone who can drive you there



Please tell us this when you make your appointment

Where you will get your vaccinations



There are currently **29 places** where you can go to get a **jab**. They are in:

- Some **GP** practices
- The 3 main **hospitals**
- **Large vaccination centres** such as Castle Mall Food Court
- Hayden **Chemist** in Lowestoft

All sites have **parking** and are **accessible** for people with **disabilities**



More places to get a jab will become available in the coming weeks.

No one should have to travel more than **10 miles** to get a vaccine.



You may be offered a **choice** of place to go.

If you are **invited** to make an appointment, please do it **quickly**.

Or you may be **given an appointment** at a specific place.

If you are then please make sure you go.



We will **tell everyone** about the new vaccination places:

- On our **website**:
www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme
- **Social media** channels: Twitter @NHSNWCCG and www.facebook.com/NHSNWCCG
- Local **newspapers** and **radio** stations

Information about attending vaccination appointments



There is an **Easy Read leaflet** called '**What to expect at your vaccination appointment**' on the easy read vaccination page of our website

[Click here](#)



Make sure you attend **both** appointments given to you - for your **first and second** jab



x 12

You might wait as long as **12 weeks** for your **second** jab



Do **NOT** arrive **more than 5-10 minutes** before your appointment time



If you are **too early** people have to **queue** for longer and **social distancing** becomes more difficult



You will need your **NHS Number**

This will be on your **invitation letter** if you got one.

Or on other **NHS paperwork** such as a prescription

If you need to you can **find your NHS Number** here: <https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>

DO NOT call your GP to get your NHS Number as their telephone lines are very busy at the moment



Tell the person who gives you your job if you are taking any **medicines**.

If you are on **blood thinning medication** (such as warfarin) please take your '**yellow book**' with you to your job appointment.



Wear a **short sleeve** t-shirt or top so the vaccinator can get to your arm

Put lots of **clothes** on top and a **coat to keep you warm** before and after your job



If you are **nervous** or don't like **needles**, let the person giving you your job know so they can **support** you



Remember to wear a **face-covering** while travelling to, from and during your appointment and keep **social distancing** at all times

You should also **wash or sanitise** your **hands** before and afterwards



Be **friendly** to our **staff**

They are **working** long hours, evenings and weekends to get people vaccinated



Police officers are supporting our vaccination places to keep everyone **safe**

Scam Emails and Texts



Some people are being sent texts and emails that **look like** they have come from the NHS but they have **NOT**



These are called **scams**



Do **NOT** click on a link in a text or email if you are **not sure** that it comes from the NHS

NHS emails usually end in **nhs.net** or **nhs.uk**



The **vaccine** is given by the **NHS** for **free**
 The **NHS** will **NOT** ask for your bank details

Information about the first and second doses of the vaccine



Good news!

There are 2 **new vaccines** for Covid-19



You need **two doses** of the vaccine

They need to be **at least 21 days** apart

This will **help stop** you getting Coronavirus (Covid-19)



The **vaccine** will **give you protection** from the virus but you can still **spread** it to other people



Even after you have had **both** doses, you **must follow the guidelines:**

- ✓ wash your **hands**,
- ✓ cover your **face**
- ✓ make **space** between you and other people



There is lots more **easy read information** available from the Norfolk and Waveney CCG webpage:

<https://www.norfolkandwaveneyccg.nhs.uk/covid-19-vaccination-programme/2-uncategorised/219-easy-read-information-for-the-covid-19-vaccination-programme>

COVID-19 vaccination programme
in **Norfolk and Waveney**

When? Where? How soon?

Please don't phone the NHS,
there's loads of information here:

www.norfolkandwaveneyccg.nhs.uk



UK Government **We must keep on protecting each other.**    **NHS**