



What's your worry?

“I'm worried that I'm being given the vaccine when I don't need it.”

Can we help?

Young people are less likely to become seriously ill from COVID-19 than older people, or those with health conditions. A small number of young people will become very ill with COVID-19. The UK's Chief Medical Officers agree that one dose of the COVID-19 vaccine will provide good protection against severe illness for young people. It will also help to stop you catching and passing on the virus to others. The risk of serious side effects is very rare. The benefits of being protected against the virus and schools being a safer, environment are something to think about. Nobody will be given the vaccine if they don't want it. You may want to discuss this with your parents, guardians or family.

**Healthy
Futures
Calderdale**



**If you or your parent/
carer have any concerns
about vaccination:**

Support is available. Contact the
Healthy Futures Calderdale
school nursing team by text:

**Young People
07480 635297**

**Parents/Carers
07507 332157**



Healthy Futures Calderdale

**I'm worried
about COVID-19
vaccination**

By young people in Calderdale,
for young people in Calderdale.



What's your worry?

“I'm worried that I will struggle to sit through a vaccination due to my condition”



Can we help?

Lots of people have trouble sitting still, but especially people who are worried, and some people with conditions like ADHD, Tourette's syndrome or anxiety disorders.

Wherever you get vaccinated, speak to your vaccinator if you have a condition, or if you might struggle to sit still. If you have your own strategies for helping you stay calm, let your vaccinator know and they will be happy to help. They are experienced in vaccinating lots of different people, and they will have techniques to help you feel more relaxed.

What's your worry?

“I'm worried the vaccine might react with medication that I take, like the contraceptive pill”



Can we help?

It is important to tell your vaccinator about any medication that you take. If you are worried about forgetting the names of medicines or worried about saying them aloud, you can write the names down and bring this with you. Anything that you tell our vaccination team about medication is confidential, and they won't share this information with anyone else, like school or parents. They will tell you if it's not safe to have the vaccine with your medication, but this is very rare. If you are taking a contraceptive pill, there is no reason to stop taking this for the vaccine. If you have the contraceptive implant in your arm, this won't matter as the vaccine goes in higher up your arm.

What's your worry?

“I'm worried about having an allergic reaction to the vaccine as I already have some allergies”



Can we help?

Most people with allergies can be safely vaccinated against COVID-19, including people with food or penicillin allergies. Before you get vaccinated, it is important that you tell your vaccinator if you've ever had a serious allergic reaction. They may ask what you're allergic to, to make sure you can have the vaccine. Serious allergic reactions to the COVID-19 vaccines are very rare. If you do have a reaction, it usually happens in minutes and staff can treat this immediately. After you've had your vaccination, you will be asked to stay in the room or nearby for 15 minutes so that a clinician can observe you and make sure that you're okay

What's your worry?

“I'm worried because I've heard the vaccine is a way of giving you a microchip”



Can we help?

This is not true. None of the vaccines being used contain software or microchips.

You might have seen videos on social media about this, but they have often been edited or are simply not true. If you hear something about the vaccine that you are not sure about, it's a good idea to look on an independent fact-checking website, such as www.fullfact.org or the World Health Organisation's MythBusters website.

What's your worry?

“I'm worried that I will feel ill after being vaccinated”



Can we help?

Not everyone will feel ill after being vaccinated, but it can happen. All medicines can cause side effects, but try not to worry about it. Lots of people don't have any side effects at all, while some people feel tired, have a headache or feel a bit under the weather. Occasionally people might feel more ill, and have a high temperature, vomit, or feel shivery. You may get a sore arm where you had the injection, but this usually only lasts for a few days. Take paracetamol, drink water and rest. Remember, this is temporary and you should feel better soon! It's very rare to have chest pain, feel short of breath or feel like your heart is pounding. If you feel any of these, you or your parents should get urgent medical advice.

What's your worry?

“I'm worried that the vaccine hasn't been tested enough”



Can we help?

All COVID-19 vaccines went through the same steps of a strict testing process as other vaccines, but they have been able to be approved and made much more quickly. This is only because a huge amount of effort and money across the world has been put into focusing on these vaccines, and tens of thousands of willing volunteers came forward to take part in vaccine trials. Other countries like the US, Canada, France and Spain have been offering vaccines to 12 to 15 year olds for much longer than us. The testing process did show that all vaccines significantly reduce the chances of getting seriously ill from COVID-19.

What's your worry?

“I'm worried the vaccine might stop me being able to have children”



Can we help?

It's natural to worry about things that might happen in the future. The way vaccines work in our bodies can have no impact whatsoever on fertility in males or females – it's just not biologically possible. Thousands of people in the UK have been vaccinated and gone onto have healthy babies. The vaccine is also recommended for people who are pregnant. Some people have reported changes to their periods after being vaccinated. Changes in your periods can happen over time, caused by a number of things such as stress. There is no link between changes to your periods and COVID-19 vaccination, so any changes you notice after vaccination won't be directly linked to the vaccine.

What's your worry?

“I'm worried that I might get COVID from the vaccine”



Can we help?

None of the COVID-19 vaccines have a live form of the virus in them, so the vaccine can't give you COVID-19. The vaccine works by sending instructions to our immune systems on how to recognise and fight the virus.

Remember, you can catch COVID-19 just before or just after your vaccination. If you have a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste, you might have COVID-19. Stay at home and arrange a PCR test – you can book one here: www.gov.uk/get-coronavirus-test