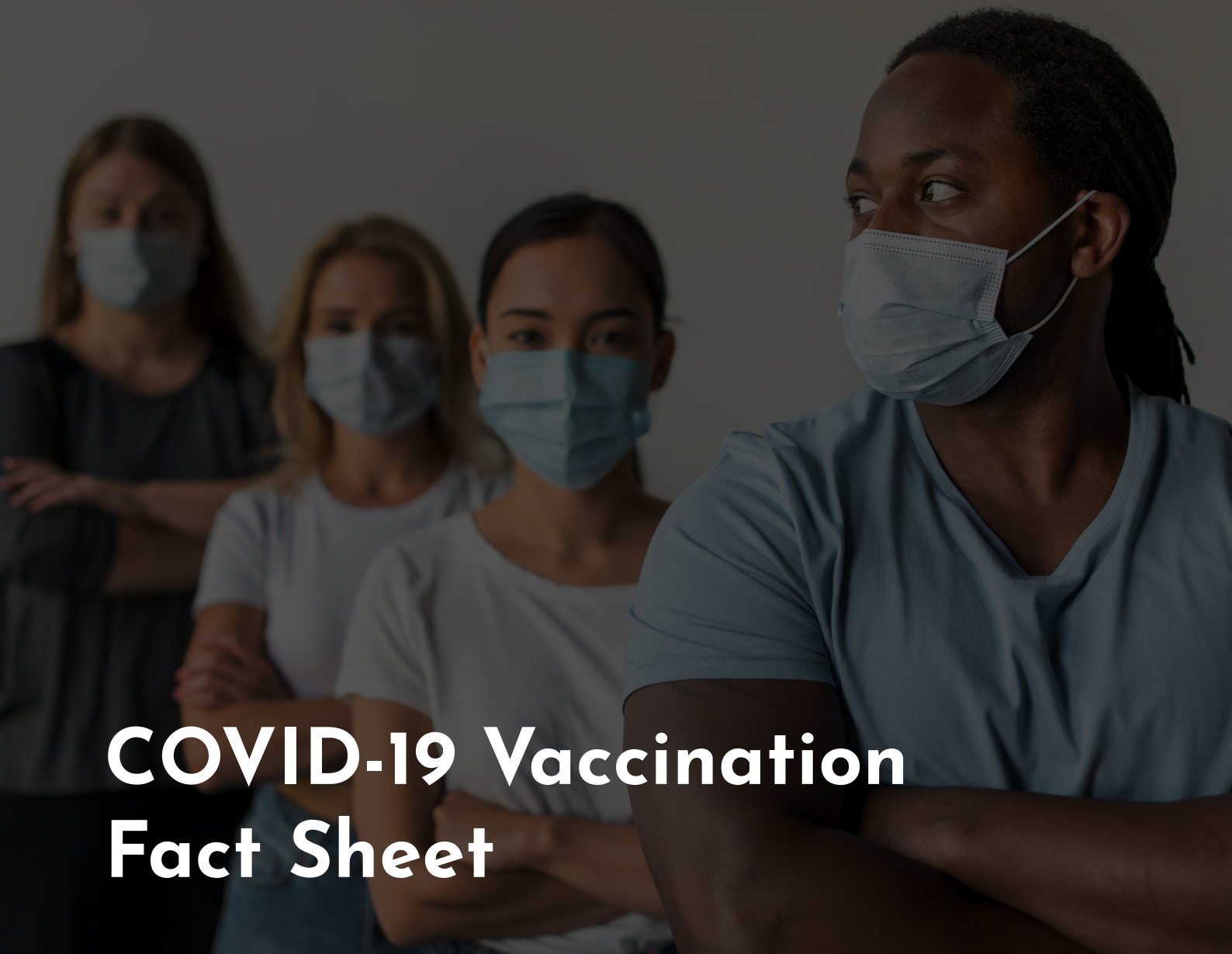




# COVID-19 Vaccination Fact Sheet



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## What is COVID-19?

- COVID-19 is an illness caused by the coronavirus (SARS-CoV-2).
- It can cause symptoms ranging from mild cold-like illness to more serious respiratory disease.
- Vaccination is the best way to protect yourself and reduce the risk of complications.

## How does COVID-19 spread?

- Through tiny droplets in the air when people talk, cough, or sneeze.
- By close contact with someone who has the virus.
- From touching surfaces contaminated with the virus and then touching your face.

## Preventing COVID-19

Simple steps include:

- Wash your hands regularly.
- Keep shared surfaces clean.
- Let fresh air into indoor spaces.
- Stay home if you feel unwell.



## **The COVID-19 Vaccine**

The vaccine helps protect against severe illness and complications and also reduces the spread of infection. Immunity from previous doses fades over time, which is why boosters are important to “top up” protection. The vaccine is safe and cannot give you COVID-19. It is available privately through workplace clinics such as ours, and is also offered free each year by the NHS to certain higher-risk groups.

## **Having the COVID-19 and flu vaccines together**

It is safe to have both vaccines at the same appointment. This is often the most convenient option during the winter season.



## Possible side effects

Most are mild and short-lived:

- Sore arm at injection site
- Tiredness or mild flu-like symptoms
- Headache or muscle aches
- Low-grade fever

Very rare: serious allergic reactions - if you ever feel very unwell after vaccination, seek medical advice.

## Who should not have the vaccine?

- People with severe allergies to vaccine ingredients (including polyethylene glycol or PEG).
- Those who are unwell with a high temperature should wait until they recover.

If you have any questions or concerns, please ask our team before your vaccination.

At **FluClinic2You** we bring vaccination directly to your workplace, making it easy and convenient for your team. Our pharmacist-led team can answer questions and provide advice.



Got a question? Let's chat. [info@fluclinic2you.com](mailto:info@fluclinic2you.com)



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