

## **The coronavirus and vaccination**

### **The coronavirus**

- The coronavirus can make you ill. Possible symptoms include:
  - A runny nose
  - Sneezing, coughing and a sore throat
  - Difficulty in breathing
  - A fever
  - Sudden loss of taste and smell.
- The coronavirus can make some people very ill. They will develop a high temperature and become very tired or short of breath. It can also kill you.
- The virus is more dangerous for people over 60 and people with an underlying health condition, e.g. lung disease or heart disease.

### **Vaccination**

- A vaccination will first and foremost protect you. However, it will also protect your family, friends and vulnerable people. Widespread vaccination makes it more difficult for the virus to spread. It will enable the government gradually to phase out the coronavirus measures in place, and more and more freedom will be restored to us.
- A vaccination will protect you against the coronavirus. It will prevent you from becoming seriously ill if you contract the virus despite having had a vaccination.
- For some vaccines you will need two vaccinations. The vaccine is given as an injection into your upper arm.
- Everyone aged 18 and over will receive an invitation. The timing of the vaccination will depend on your age. Some people will receive theirs earlier: people at medical risk, people aged 60 and over, and care workers. In any event, you will receive an invitation, even you've already had the coronavirus.

### **Vaccination is safe**

- Various vaccines against coronavirus have been developed. They have all been thoroughly tested and are safe. A vaccine must first be tested on ten thousand people before it can be used.
- Mild side-effects may be experienced after the vaccination. They include a headache, aching muscles, feeling tired or a sore arm, and will pass in a few days.
- You might have heard reports of serious side-effects from the AstraZeneca and Janssen vaccines on the radio or television. These are exceedingly rare side-effects. It involves serious blood clots combined with low levels of blood platelets. Nevertheless, a jab with the AstraZeneca vaccine is safe for people aged 60 and over. Jabs with the Janssen vaccine are also continuing because the risk of contracting coronavirus is far greater than the risk posed by the side-effects. Seven million people in the US have received Janssen's vaccine, with eight reports of serious side-effects. This is a minute number.
- People under the age of 60 will not receive the AstraZeneca vaccine and will be offered an alternative one. The side-effects of this vaccine have so far mainly been found in people born in 1961 or later.

### **After the vaccination**

- We still need to adhere to coronavirus measures, which include: Maintaining a distance of 1.5 metres between people; wearing a face mask in public places; avoiding busy places.
- Have you already been vaccinated? You will still need to adhere to the measures because the virus is still in circulation and vaccinations will not provide everyone with 100% protection.

### **Seek information**

- Vaccination remains a voluntary choice. If in doubt, seek answers to your questions. If you do have any questions, ask your GP or your local municipal health service. You could also consult your imam. Talk to each other and make up your own minds.
- Many people obtain information about coronavirus vaccinations from the internet or social media. Information spreads rapidly, which means there is sometimes little time to check whether it is correct. Not everything we read will be true. It can be really difficult to know whether information is reliable or not. If you have doubts about a report, check to find out whether it is true. Consider, for example, who wrote the piece, and whether you see it again in the newspapers or on a TV programme. Never stop being curious and keep a critical mindset at all times.