



# VACCINE CONFIDENCE PROJECT TOOLKIT

## Speaker Notes and Further Information

Last reviewed November 2021

SLIDE NUMBER	SPEAKER NOTES	FURTHER INFORMATION
1.	<ul style="list-style-type: none"><li>● Welcome to this presentation about COVID-19 and vaccination.</li><li>● The slide set and information is provided by Doctors of the World UK which is an independent humanitarian organisation working in the UK to empower excluded people to access healthcare</li><li>● This is a space for information, questions and answers with no judgement or pressure.</li></ul>	<ul style="list-style-type: none"><li>● Thank you for using our template. We recommend you go through the resources in the toolkit (<a href="https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/safe-surgeries-initiative/vaccine-confidence-toolkit/">https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/safe-surgeries-initiative/vaccine-confidence-toolkit/</a>) and pick those that may be most useful to your audience</li><li>● For presentation to specific populations, we would recommend asking the audience to send in their questions or concerns prior to your presentation so that you may address these during this presentation.</li></ul>

2.

- **Section 1: About COVID-19**, covers:
  - COVID-19 disease, common symptoms
  - Who is most affected
  - Long COVID
  - Testing
  - Variants
  - What you can do & why
  
- **Section 2: About vaccination**, covers:
  - How vaccines work
  - How COVID-19 vaccine developed so fast
  - Vaccine contents
  - Vaccines available
  - Safety
  - Fertility, pregnancy and breastfeeding
  - What happens during vaccination
  - Side effects
  - When to get help
  - Dose intervals and proof of vaccination
  
- **Section 3: Access to COVID-19 vaccines**, covers:
  - Entitlement to vaccination
  - How to get the vaccine
  - GP registration and data sharing
  
- **Section 4: What next**, covers:

	<ul style="list-style-type: none"> <li>○ What we may expect next</li> <li>○ What you can do to help</li> </ul> <ul style="list-style-type: none"> <li>● <b>Section 5: Question and answer time</b> (encourage Q&amp;A). This section includes further videos of frequently asked questions.</li> </ul>	
3.	<ul style="list-style-type: none"> <li>● <b>Section 1: ABOUT COVID-19</b> Covers: <ul style="list-style-type: none"> <li>○ COVID-19 disease, common symptoms</li> <li>○ Who is most affected</li> <li>○ Long COVID</li> <li>○ Testing</li> <li>○ Variants</li> <li>○ What you can do &amp; why</li> </ul> </li> </ul>	
4.	<ul style="list-style-type: none"> <li>● <b>COVID-19 is a Coronavirus Disease from 2019</b> <ul style="list-style-type: none"> <li>○ Caused by a new virus, called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2)</li> <li>○ Globally most people were/are not immune and therefore are at risk of infection *</li> </ul> </li> <li>● <b>MAIN SYMPTOMS:</b> <ul style="list-style-type: none"> <li>○ High temperature (either feeling hot to touch</li> </ul> </li> </ul>	<p>COVID-19: WHO <a href="https://www.who.int/health-topics/coronavirus#tab=tab_1">https://www.who.int/health-topics/coronavirus#tab=tab_1</a></p> <ul style="list-style-type: none"> <li>● In the UK currently a majority of the adult populations is estimated to have antibodies (<a href="https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/co">https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/co</a></li> </ul>

- or measured over 37.8 degrees Celsius)
- New persistent cough (means coughing a lot for more than 1 hour, or 3 or more coughing episodes in a day, or if you usually have a cough, then worse than your usual)
- Loss or change to your sense of taste or smell.
- If you have **any** of these symptoms you should get a COVID-19 PCR swab test to check if you have coronavirus and stay at home until you get your result
- Other symptoms might include:
  - Tiredness
  - Shortness of breath or chest tightness
  - aches and pains
  - sore throat
  - nausea, vomiting, diarrhoea
  - blocked or runny nose
  - conjunctivitis
  - headache
  - a rash on skin, or discolouration of fingers or toes
- It seems that about 1 in 2-3 people with COVID-19 do not have symptoms (asymptomatic) but can still have the virus and infect others.
- **HOW DOES IT SPREAD:** COVID-19 spreads easily via droplets (larger particles) and aerosols

<https://www.nhs.uk/conditionsanddiseases/articles/coronavirus-covid19latestinsights/vaccines>)

**SYMPTOMS:**

NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

<https://covid.joinzoe.com/post/new-top-5-covid-symptoms>

**SPREAD:**

WHO

<https://www.who.int/news-room/q-a-detail/coronavirus-disease-covid-19-how-is-it-transmitted>

GOV.UK (spread & ventilation) - also slide 12  
<https://www.gov.uk/government/publications/covid-19-ventilation-of-indoor-spaces-to-stop-the-spread-of-coronavirus/ventilation-of-indoor-spaces-to-stop-the-spread-of-coronavirus-covid-19>

Patients may also present with symptoms including dyspnoea, fatigue, myalgia/arthritis, sore throat, headache, nasal congestion or rhinorrhoea, sputum production, chest tightness, or gastrointestinal symptoms (e.g., nausea, vomiting, diarrhoea)

	<p>(smaller particles) from the mouth and nose, e.g. when:</p> <ul style="list-style-type: none"> <li>○ Coughing</li> <li>○ Speaking and shouting</li> <li>○ Singing</li> <li>○ Sneezing</li> </ul> <p>- Larger droplets can transmit the virus to someone nearby or can fall quickly to the ground</p> <p>- Aerosols, however, can remain suspended in the air. If someone breathes in virus particles in the air, they can become infected (this is called airborne transmission)</p>	
<p>5.</p>	<p><b>WILL IT AFFECT ME?</b></p> <ul style="list-style-type: none"> <li>● Severity (in people who did not get vaccinated): <ul style="list-style-type: none"> <li>○ Among those who develop symptoms, most (about 80%) recover from the disease without needing hospital treatment.</li> <li>○ About 15% become seriously ill and require oxygen</li> <li>○ 5% become critically ill and need intensive care</li> <li>○ The number of infected people who die varies around the world – in the UK it is 2.5 - 4.2%.</li> </ul> </li> <li>● Complications leading to death may include: <ul style="list-style-type: none"> <li>○ respiratory failure, acute respiratory distress</li> </ul> </li> </ul>	<p>I</p> <p>MAGE REFERENCE:  <a href="https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30243-7/fulltext">https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30243-7/fulltext</a></p> <p>SEVERITY:  <a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19</a></p>

syndrome (ARDS), sepsis and septic shock, blood clots, multiorgan failure, including injury of the heart, liver or kidneys

- Infants and adolescents between 10-14 yrs of age have a higher risk of severe disease
  - In rare situations, children can develop a severe inflammatory syndrome a few weeks after infection.
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#### WHO IS AT RISK OF SEVERE DISEASE?

- There are different risk factors for getting the disease and getting unwell with it but **anyone** at any age can become seriously unwell or die from it.
- People in the UK identified at greater risk of severe disease from COVID-19 include:
  - Older people
  - Men
  - South Asian, Black and mixed ethnicity populations
  - People who are obese
  - People with underlying diseases
  - People with weakened immune systems

**IMAGE EXPLANATION:** COVID19 infection may lead to no symptoms (that is the majority), some symptoms, severe disease or death (that is the minority).

<p><b>6.</b></p>	<p><b>LONG COVID</b></p> <ul style="list-style-type: none"> <li>● Long COVID is currently recognised as a possible chronic complication of COVID19 disease</li> <li>● We don't know exactly how many people will develop this (5-20% estimate)</li> <li>● If you have symptoms that persist beyond 12 weeks after COVID19 infection, this may be Long Covid.</li> <li>● Symptoms may include: <ul style="list-style-type: none"> <li>○ Breathlessness</li> <li>○ Tiredness or fatigue</li> <li>○ 'Brain fog' (the inability to concentrate or focus).</li> </ul> </li> <li>● If you are having symptoms such as these, please contact your healthcare provider (usually GP).</li> <li>● Some children may also develop Long COVID</li> </ul>	<p>FURTHER INFORMATION:</p> <p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/">https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/</a></p> <p><a href="https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(21)00198-X/fulltext">https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(21)00198-X/fulltext</a></p>
<p><b>7.</b></p>	<p><b>TESTING</b></p> <p>There are three different types of COVID-19 tests:</p> <ul style="list-style-type: none"> <li>● <b>LATERAL FLOW TEST:</b> You use lateral flow tests if you DO NOT have symptoms. Lateral flow tests give you a quick result. Free home self-test kits are available to everyone and can be picked up from your local pharmacy. Certain education and workplace settings ask their students/employees to</li> </ul>	<p>TESTING:</p> <p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/testing/get-tested-for-coronavirus/">https://www.nhs.uk/conditions/coronavirus-covid-19/testing/get-tested-for-coronavirus/</a></p> <p>ORDER LATERAL FLOW TEST:</p> <p><a href="https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests">https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests</a></p>

	<p>undertake regular lateral flow tests. They are useful for picking up disease for those with no symptoms but are not as accurate as the PCR tests. There are different types of lateral flow tests. Read the instructions that came with your test kit before you do the test, as they have different waiting times and tests may require either a throat and nose swab or a nose swab only</p> <ul style="list-style-type: none"> <li>● <b>PCR TEST:</b> You need to have a PCR test if you DO have symptoms or if you have a positive lateral flow test. You can order a home testing kit online to be delivered to your address or you can visit a local testing site. The PCR test involves a swab of your throat and nose. This needs to be processed in the lab. Results are usually available within 1-2 days</li> <li>● <b>ANTIBODY TEST:</b> This test checks for evidence of past infection or vaccination (involves a blood test which needs to be processed in the lab). Antibody tests are not done routinely and most people do not need them.</li> </ul>	<p>HOW TO DO A RAPID LATERAL FLOW TEST:  <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/testing/how-to-do-a-test-at-home-or-at-a-test-site/how-to-do-a-rapid-lateral-flow-test/">https://www.nhs.uk/conditions/coronavirus-covid-19/testing/how-to-do-a-test-at-home-or-at-a-test-site/how-to-do-a-rapid-lateral-flow-test/</a></p> <p>ORDER PCR TEST:  <a href="https://www.gov.uk/get-coronavirus-test">https://www.gov.uk/get-coronavirus-test</a></p> <p>ABOUT ANTIBODY TESTS:  <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/testing/antibody-testing-to-check-if-youve-had-coronavirus/">https://www.nhs.uk/conditions/coronavirus-covid-19/testing/antibody-testing-to-check-if-youve-had-coronavirus/</a></p> <p>PCR = polymerase chain reaction</p>
<p>8.</p>	<p><b>VARIANTS</b></p> <ul style="list-style-type: none"> <li>● Every time the COVID-19 virus spreads from one person to another it makes more copies of itself</li> <li>● Sometimes when a virus makes copies of itself, it can mutate/change a bit.</li> <li>● The virus with these changes or mutations is then</li> </ul>	<p>WHO:  <a href="https://www.who.int/en/activities/tracking-SARS-CoV-2-variants/">https://www.who.int/en/activities/tracking-SARS-CoV-2-variants/</a></p> <p>GOV.UK:  <a href="https://www.gov.uk/government/news/confirmed-cases-of-covid-19-variants-identified-in-uk">https://www.gov.uk/government/news/confirmed-cases-of-covid-19-variants-identified-in-uk</a></p>



	<p>called a 'variant' of the original virus. Sometimes it's a weaker version, sometimes stronger.</p> <ul style="list-style-type: none"> <li>● If variants are more transmissible or if they lead to more severe disease or escape current vaccines, they are called 'variants of concern'.</li> </ul>	<p>Dd December 2021: currently the Delta variant is dominant in the UK. Vaccination protects against severe disease, hospitalisation and death, also against the Delta variant</p>
<p>9.</p>	<p><b>WHAT CAN WE DO?</b></p> <p>You can try to prevent infection in yourself and the people around you by:</p> <ul style="list-style-type: none"> <li>● Washing your hands</li> <li>● Wearing a face mask (remember to cover your nose and mouth)</li> <li>● Social distancing when possible</li> <li>● Reducing the number of people you are in contact with</li> <li>● Ventilating indoor spaces</li> <li>● Getting fully vaccinated</li> <li>● Doing a rapid lateral flow test twice a week</li> <li>● Getting a PCR test if you have COVID-19 symptoms</li> <li>● Following isolation guidance if you have COVID-19</li> </ul>	<p>GOV.UK:  <a href="https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own">https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own</a>   <a href="https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do#keeping-yourself-and-others-safe">https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do#keeping-yourself-and-others-safe</a>   <a href="https://www.gov.uk/coronavirus?utm_campaign=coronavirus_grants&amp;utm_medium=paid_search&amp;utm_source=google&amp;utm_content=keyword&amp;gclid=Cj0KCQjw8eOLBhC1ARIsAOzx5cF40SEStA1HCg3fcdC46XmeUrVNzyxPQJxuenaMrDCcCWOiFWq0qjEaAkcvEALw_wcB">https://www.gov.uk/coronavirus?utm_campaign=coronavirus_grants&amp;utm_medium=paid_search&amp;utm_source=google&amp;utm_content=keyword&amp;gclid=Cj0KCQjw8eOLBhC1ARIsAOzx5cF40SEStA1HCg3fcdC46XmeUrVNzyxPQJxuenaMrDCcCWOiFWq0qjEaAkcvEALw_wcB</a></p>
<p>10.</p>	<p><b>WHAT CAN WE DO?</b></p>	<p>GOV.UK</p>

	<p><b>(ventilation)</b></p> <ul style="list-style-type: none"> <li>● Airborne spread of COVID-19 is recognised to be a route of transmission.</li> <li>● Therefore, it is important to keep indoor spaces well ventilated</li> <li>● This means allowing good air flow in rooms</li> <li>● You can do this by opening windows and doors</li> <li>● Make sure you still keep warm as needed</li> <li>● Minimise the amount of time you spend indoors with people who do not live with you</li> <li>● You can use extractor fans in kitchens and bathrooms for example, for longer, after someone has been in the room</li> </ul> <p>VIDEO LINK (Gov.uk video) <a href="https://vimeo.com/479780008/cb6c43b496">https://vimeo.com/479780008/cb6c43b496</a></p>	<p><a href="https://www.gov.uk/government/publications/covid-19-ventilation-of-indoor-spaces-to-stop-the-spread-of-coronavirus/ventilation-of-indoor-spaces-to-stop-the-spread-of-coronavirus-covid-19">https://www.gov.uk/government/publications/covid-19-ventilation-of-indoor-spaces-to-stop-the-spread-of-coronavirus/ventilation-of-indoor-spaces-to-stop-the-spread-of-coronavirus-covid-19</a></p> <p>WHO (infographic) <a href="https://www.who.int/images/default-source/wpro/countries/malaysia/infographics/three-3cs/final-avoid-the-3-cs-poster.jpg?sfvrsn=638335c1_2">https://www.who.int/images/default-source/wpro/countries/malaysia/infographics/three-3cs/final-avoid-the-3-cs-poster.jpg?sfvrsn=638335c1_2</a></p> <p>WHO (Roadmap to improve and ensure good indoor ventilation in the context of COVID-19) <a href="https://www.who.int/publications/i/item/9789240021280">https://www.who.int/publications/i/item/9789240021280</a></p> <p>EVIDENCE: <a href="https://www.researchgate.net/publication/343415585_Association_of_the_infection_probability_of_COVID-19_with_ventilation_rates_in_confined_spaces">https://www.researchgate.net/publication/343415585_Association_of_the_infection_probability_of_COVID-19_with_ventilation_rates_in_confined_spaces</a></p>
11.	<p><b>WHY SHOULD WE? (wear face masks)</b></p> <p>We can protect others by not getting the infection ourselves.</p>	<p>IMAGE CREDIT: <a href="https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext?utm_campaign=tlcoronavirus20&amp;utm_content=130650663&amp;utm_medium=social&amp;utm_source=twitter&amp;hss_channel=tw-27013292">https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext?utm_campaign=tlcoronavirus20&amp;utm_content=130650663&amp;utm_medium=social&amp;utm_source=twitter&amp;hss_channel=tw-27013292</a></p>

	<p>IMAGE EXPLANATION:  This image from the Lancet (respected medical journal) shows what can help protect against COVID-19 infection and transmission - <b>face masks</b>. Wearing a face mask can reduce the risk from 17.4% to 3.1%</p>	
12.	<p><b>WHY SHOULD WE?  (physical distance)</b></p> <p>We can protect others by not getting the infection ourselves.</p> <p>IMAGE EXPLANATION:  This image from the Lancet (respected medical journal) shows what can help protect against COVID-19 infection and transmission e.g. <b>physical distancing</b>. Increasing by a distance of 1 metre or more can reduce the risk from 12.8% to 2.6%</p>	<p>IMAGE CREDIT:  <a href="https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext?utm_campaign=tlcoronavirus20&amp;utm_content=130650663&amp;utm_medium=social&amp;utm_source=twitter&amp;hss_channel=tw-27013292">https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext?utm_campaign=tlcoronavirus20&amp;utm_content=130650663&amp;utm_medium=social&amp;utm_source=twitter&amp;hss_channel=tw-27013292</a></p>
13.	<p><b>Questions about COVID-19?</b></p>	<p>Opportunity to answer pre-submitted questions from the audience</p>
14.	<ul style="list-style-type: none"> <li>• <b>Section 2: ABOUT VACCINATION</b></li> </ul>	

	<p>Covers:</p> <ul style="list-style-type: none"> <li>○ How vaccines work</li> <li>○ How COVID-19 vaccine developed so fast</li> <li>○ Vaccine contents</li> <li>○ Vaccines available</li> <li>○ Safety</li> <li>○ Fertility, pregnancy and breastfeeding</li> <li>○ What happens during vaccination</li> <li>○ Side effects</li> <li>○ When to get help</li> <li>○ Dose intervals and proof of vaccination</li> </ul>	
<p>15.</p>	<p><b>COVID-19 VACCINATION</b></p> <ul style="list-style-type: none"> <li>● Vaccinations prevent infections and reduce the risk of serious illness. By getting vaccinated you are protecting yourself and the people around you, particularly those at risk of severe disease</li> <li>● Vaccines exist for many different infections and are safely given across the world. Vaccines have prevented many cases of disease and saved many lives.</li> <li>● COVID-19 vaccination reduces infection risk by working with the body's natural defence system to safely develop immunity to disease. <ul style="list-style-type: none"> <li>○ It reduces your risk of catching and spreading</li> </ul> </li> </ul>	<p>BRITISH SOCIETY FOR IMMUNOLOGY:  <a href="https://www.immunology.org/celebrate-vaccines/public-engagement/guide-childhood-vaccinations/how-vaccines-work">https://www.immunology.org/celebrate-vaccines/public-engagement/guide-childhood-vaccinations/how-vaccines-work</a></p> <p>WHO VIDEO:  <a href="https://www.youtube.com/watch?v=zoHOiglp94Q">https://www.youtube.com/watch?v=zoHOiglp94Q</a></p> <p>NHS:  <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine">https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine</a></p> <p>NHS video animation</p>

	<p>the virus</p> <ul style="list-style-type: none"> <li>○ It reduces your risk of getting seriously ill or hospitalised if you do get the virus</li> </ul> <ul style="list-style-type: none"> <li>● You <b>cannot</b> catch COVID-19 from the vaccine. <ul style="list-style-type: none"> <li>○ However, take precautions when going to the vaccination site, e.g., face masks and distancing when possible</li> </ul> </li> </ul>	<p><a href="https://www.youtube.com/watch?v=zgtWpwkS9u4">https://www.youtube.com/watch?v=zgtWpwkS9u4</a></p> <p>FAQ (<a href="https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/safe-surgeries-initiative/vaccine-confidence-t">https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/safe-surgeries-initiative/vaccine-confidence-t</a>)</p>
<p>16.</p>	<p><b>HOW DO VACCINES WORK?</b></p> <ul style="list-style-type: none"> <li>● A vaccine encourages your immune system to make antibodies, specific to the disease the vaccine is developed for <ul style="list-style-type: none"> <li>○ You are given a small amount of a harmless substance that looks like the disease or a code to make part of it</li> <li>○ Your body makes antibodies to fight it off</li> <li>○ Then if you come across the disease again, your body already has antibodies to fight the infection and prevent you from getting sick - you are immune.</li> </ul> </li> <li>● Vaccine development and production is very well monitored and controlled</li> <li>● Vaccines are only approved if they meet very strict criteria on Safety and Efficacy.</li> <li>● In the UK vaccines are regulated by the Medicine and Healthcare products Regulatory Agency</li> </ul>	<p>GOV.UK: Medicines and Healthcare products Regulatory Agency <a href="https://www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19">https://www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19</a></p> <p>BRITISH SOCIETY FOR IMMUNOLOGY: <a href="https://www.immunology.org/celebrate-vaccines/public-engagement/guide-childhood-vaccinations/how-vaccines-work">https://www.immunology.org/celebrate-vaccines/public-engagement/guide-childhood-vaccinations/how-vaccines-work</a> (as per slide 14)</p>
<p>17.</p>		<p>NIHR:</p>

	<p><b>HOW WERE COVID-19 VACCINES DEVELOPED SO FAST?</b></p> <p>The COVID-19 vaccination was able to safely be developed so quickly for several reasons.</p> <ul style="list-style-type: none"> <li>• Research and the making of a new vaccine usually does take years - but often that is related to other factors such as funding and sign off processes</li> <li>• Vaccine development for coronaviruses such as SARS and MERS were already in advanced stages and this <b>existing knowledge</b> was applied in the development of the COVID-19 vaccine.</li> <li>• Scientists also used <b>existing technology</b> to develop the vaccine.</li> <li>• Money and resources were directed towards COVID-19 vaccine development in a <b>worldwide effort</b> to develop an effective vaccine - all in this together</li> <li>• Scientists prioritised COVID-19 vaccine development and <b>worked together</b> to achieve success.</li> <li>• Different stages of vaccine development (clinical trial phases) were run at the <b>same time</b>.</li> <li>• There was a reduction in bureaucracy/sign off processes.</li> </ul>	<p><a href="https://www.youtube.com/watch?v=VlsvIM_5u4">https://www.youtube.com/watch?v=VlsvIM_5u4</a></p> <p>IMAGE CREDIT:  <a href="https://www.immunology.org/coronavirus/connect-coronavirus-public-engagement-resources/how-covid19-vaccine-developed-fast">https://www.immunology.org/coronavirus/connect-coronavirus-public-engagement-resources/how-covid19-vaccine-developed-fast</a></p> <p><a href="https://www.youtube.com/watch?v=eHzl3gxgvDM">NHS vaccine development animation https://www.youtube.com/watch?v=eHzl3gxgvDM</a></p>
<p><b>18.</b></p>	<p><b>COVID-19 VACCINE CONTENTS</b></p> <ul style="list-style-type: none"> <li>• The COVID-19 vaccines do not contain any human</li> </ul>	<p>CONTENTS:  RED CROSS:</p>

	<p>or animal material</p> <ul style="list-style-type: none"> <li>● The AstraZeneca vaccine contains a tiny amount of alcohol, but this is less than in some everyday foods such as bread</li> </ul>	<p><a href="https://www.redcross.org.uk/get-help/coronavirus/coronavirus-vaccine/coronavirus-vaccine-faq#What's%20in%20the%20Covid%20vaccines?%20(vaccine%20ingredients)">https://www.redcross.org.uk/get-help/coronavirus/coronavirus-vaccine/coronavirus-vaccine-faq#What's%20in%20the%20Covid%20vaccines?%20(vaccine%20ingredients)</a></p> <p>NHS: <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/">https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/</a></p> <p>IMAGE CREDIT: <a href="https://www.immunology.org/news/whats-in-vaccine">https://www.immunology.org/news/whats-in-vaccine</a></p>
<p>19.</p>	<p><b>COVID-19 VACCINES</b></p> <ul style="list-style-type: none"> <li>● Currently there are four types of COVID-19 vaccine licensed in the UK. <ul style="list-style-type: none"> <li>○ The Oxford/AstraZeneca, Pfizer/BioNTech and Moderna vaccines all require 2 separate doses for maximum protection.</li> <li>○ The Janssen vaccine is a single dose. It is not yet available in the UK</li> </ul> </li> </ul> <p><b>HOW THEY WORK</b></p> <ul style="list-style-type: none"> <li>● Oxford/AstraZeneca works by using a viral vector (a modified virus)</li> <li>● Pfizer/BioNTech and the Moderna vaccines work by</li> </ul>	<p>HOW THEY WORK:</p> <p>ASTRAZENECA</p> <ul style="list-style-type: none"> <li>● The Oxford/AstraZeneca vaccine is based on a chimpanzee common cold virus that has been genetically changed so that it cannot cause illness in humans.</li> <li>● The cold virus is really good at infecting cells, so the scientists added material containing the instructions for cells on</li> </ul>

using mRNA (small genetic code for a protein on the COVID-19 virus)

### WHICH VACCINE

- Which vaccine you are given will depend on factors such as your age and whether you are pregnant and also on local vaccine availability.
- If you are pregnant or aged under 40, you'll usually only be offered the Pfizer or Moderna vaccine
- All vaccine types are very effective at reducing your risk of having COVID-19 and becoming seriously ill or dying from the infection. However, no vaccine is 100% protective.
- Protection starts 14 days after vaccination.
- Natural immunity (immunity from having had the COVID-19 infection) lasts up to 10 months. We are still learning more about how long immunity lasts after you are vaccinated but we know that it is a strong and safe response.

producing proteins that are similar to just the outer part of the virus: the special 'spike protein'.

- The information piece is 'read' by the cells and cells go to make just these spike proteins. These pieces get recognised as an 'invader', but cannot cause disease but trigger an immune response.
- Virus-based vaccines like this one have been in development for many years, and have been tested against similar viruses including SARS and MERS.

### PFIZER and MODERNA

- The Pfizer/BioNTech and Moderna vaccines contain mRNA (messenger RNA) - a kind of molecular 'photocopy' of DNA. Special machinery in our cells, known as ribosomes, use mRNA as direct instructions to build proteins.
- In both the Pfizer/BioNTech and Moderna vaccines, an mRNA strand carrying the instructions for making part of the spike protein is made in the lab and packaged up in tiny oily capsules, known as lipid nanoparticles.
- Once injected, these nanoparticles make their way to cells, which use the mRNA to manufacture COVID-19 spike proteins.



		<ul style="list-style-type: none"> <li>• These proteins are recognised by immune cells and trigger a response, which is then ‘remembered’ for any future encounters with the real virus. These proteins cannot cause COVID19</li> <li>• Like the viral vaccine, mRNA vaccines have also been in development and clinical trials for many years.</li> </ul> <p>SOURCE:</p> <p><a href="https://covid.joinzoe.com/post/how-do-covid-vaccines-work">https://covid.joinzoe.com/post/how-do-covid-vaccines-work</a></p> <p>FURTHER INFORMATION:</p> <p><a href="https://bestpractice.bmj.com/topics/en-gb/3000201/prevention">https://bestpractice.bmj.com/topics/en-gb/3000201/prevention</a>  <a href="https://bestpractice.bmj.com/topics/en-gb/3000201/prognosis">https://bestpractice.bmj.com/topics/en-gb/3000201/prognosis</a></p>
<p><b>20.</b></p>	<p><b>COVID-19 VACCINATION SAFETY</b></p> <ul style="list-style-type: none"> <li>• More than 3 billion COVID-19 vaccine doses given worldwide as of August 2021</li> </ul>	<p>WHO:</p> <p><a href="https://www.who.int/news-room/feature-stories/detail/safety-of-covid-19-vaccines">https://www.who.int/news-room/feature-stories/detail/safety-of-covid-19-vaccines</a></p>

	<ul style="list-style-type: none"> <li>● “The most risky part of getting your vaccine is probably the journey to the vaccination site”</li> <li>● We take risks in everyday life, e.g., getting into cars, crossing roads</li> <li>● Almost nothing is absolutely safe - we balance risks</li> <li>● The risk from COVID-19 disease is much greater than that of vaccination</li> </ul>	<p><a href="#">NHS vaccine safety animation</a>  <a href="https://www.youtube.com/watch?v=ZndcJ5DqSAI">https://www.youtube.com/watch?v=ZndcJ5DqSAI</a></p>
<p>21.</p>	<p><b>COVID-19 VACCINATION SAFETY</b>  <b>(PREGNANCY/FERTILITY/BREASTFEEDING)</b></p> <ul style="list-style-type: none"> <li>● The Royal College of Obstetrics and Gynaecology recommend pregnant women have the COVID-19 vaccine.</li> <li>● In the USA, as of August 2021, around 130,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines and no safety concerns have been identified</li> <li>● Vaccination is the best way to protect against the known risks of COVID-19 in pregnancy for both women and babies, including admission of the woman to intensive care and premature birth of the baby.</li> <li>● Discuss with your doctor any concerns you may have and to help reach a decision based on your circumstances</li> <li>● The Royal College of Obstetrics and Gynaecology also state that there is no evidence that COVID-19</li> </ul>	<p>GOV.UK:  <a href="https://www.gov.uk/government/publications/covid-19-vaccination-women-of-childbearing-age-currently-pregnant-planning-a-pregnancy-or-breastfeeding/covid-19-vaccination-a-guide-for-women-of-childbearing-age-pregnant-planning-a-pregnancy-or-breastfeeding">https://www.gov.uk/government/publications/covid-19-vaccination-women-of-childbearing-age-currently-pregnant-planning-a-pregnancy-or-breastfeeding/covid-19-vaccination-a-guide-for-women-of-childbearing-age-pregnant-planning-a-pregnancy-or-breastfeeding</a></p> <p>ROYAL COLLEGE OF OBSTETRICS AND GYNAECOLOGY:  <a href="https://www.rcog.org.uk/globalassets/documents/guidelines/2021-02-24-combined-info-sheet-and-decision-aid.pdf">https://www.rcog.org.uk/globalassets/documents/guidelines/2021-02-24-combined-info-sheet-and-decision-aid.pdf</a></p>

	vaccination impacts fertility and also state that it is safe to have the vaccine while breastfeeding.	
22.	<p><b>COVID-19 VACCINATION: WHAT HAPPENS?</b></p> <ul style="list-style-type: none"><li>● The vaccine is given in your upper arm</li><li>● After the Pfizer vaccination you will be observed for 15 minutes to make sure you do not develop an allergic reaction</li><li>● If you have the AstraZeneca, Pfizer or Moderna vaccine it is very important to make sure you get both your first AND second doses to get maximum protection. You will have the same vaccine type for both vaccines.</li></ul>	<p>NHS:</p> <p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/what-happens-at-your-appointment/">https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/what-happens-at-your-appointment/</a></p>

23.

### COVID-19 VACCINATION: SIDE EFFECTS

- Around 10% of people experience side effects. These are usually mild and last less than a week (usually less than 2 days)
- Possible side effects include: a sore arm; tiredness; headache; feeling achy and feeling or being sick.
- You may get a fever or feel hot or shivery 1 or 2 days after your vaccination. You can take painkillers such as paracetamol if you need to. If your symptoms get worse or you're worried, call 111.
- If you have a high temperature that lasts longer than 2 days, a new, continuous cough or a loss or change to your sense of smell or taste, you may have COVID-19.
  - Stay at home and get a PCR test.
  - You cannot catch COVID-19 from the vaccine, but you may have caught it just before or after your vaccination
- More serious side effects such as allergic reactions, blood clots and heart inflammation are **very rare**.
- Remember, it can take 2 weeks to build up protection against severe disease and hospitalisation due to infection with the virus after vaccination.

BMJ:

<https://bestpractice.bmj.com/topics/en-gb/3000201/prevention>

GOV.UK (Pfizer):

<https://www.gov.uk/government/publications/regulatory-approval-of-pfizer-biontech-vaccine-for-covid-19/information-for-uk-recipient-on-pfizerbiontech-covid-19-vaccine#side-effects>

GOV.UK (AstraZeneca):

<https://www.gov.uk/government/publications/regulatory-approval-of-covid-19-vaccine-astrazeneca/information-for-uk-recipient-on-covid-19-vaccine-astrazeneca>

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<p><b>24.</b></p>	<p><b>WHEN TO GET HELP</b></p> <p>If you get any of the following symptoms starting from around 4 days to 4 weeks after being vaccinated, you should speak to your doctor or call NHS 111 as they are very rarely a sign of a blood clotting problem.</p> <p>Potentially worrying symptoms include:</p> <ul style="list-style-type: none"> <li>● a severe headache that is not relieved with painkillers or is getting worse</li> <li>● a headache that feels worse when you lie down or bend over</li> <li>● a headache that's unusual for you along with blurred vision, feeling or being sick, problems speaking, weakness, drowsiness or seizures (fits)</li> <li>● a rash that looks like small bruises or bleeding under the skin</li> <li>● shortness of breath, chest pain, leg swelling or persistent abdominal (tummy) pain</li> </ul>	<p>NHS:  <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/safety-and-side-effects/">https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/safety-and-side-effects/</a></p>
<p><b>25.</b></p>	<p><b>COVID-19 VACCINATION INTERVALS AND PROOF</b></p> <ul style="list-style-type: none"> <li>● The AstraZeneca, Pfizer and Moderna second vaccine doses are given 4-12 weeks after the first dose.</li> </ul>	<p>BMJ:  <a href="https://bestpractice.bmj.com/topics/en-gb/3000201/prevention">https://bestpractice.bmj.com/topics/en-gb/3000201/prevention</a></p> <p>NHS:  <a href="https://www.nhs.uk/conditions/coronavirus-">https://www.nhs.uk/conditions/coronavirus-</a></p>

	<ul style="list-style-type: none"> <li>• After your vaccinations you will receive a card with the vaccine information on it. You might want to take a photo of it in case you misplace the card.</li> <li>• If you have an NHS number, you can access your <b>COVID Pass Letter</b> via the NHS app or via your GP or online.</li> </ul>	<a href="https://www.gov.uk/government/publications/covid-19-the-green-book-chapter-14a">covid-19/covid-pass/get-your-covid-pass-letter/</a>  Green Book: <a href="https://www.gov.uk/government/publications/covid-19-the-green-book-chapter-14a">https://www.gov.uk/government/publications/covid-19-the-green-book-chapter-14a</a>
26.	<b>Questions about COVID-19 vaccination?</b>	Opportunity to answer pre-submitted questions from the audience
27.	<ul style="list-style-type: none"> <li>• <b>Section 3: ACCESS TO COVID-19 VACCINES</b> Covers: <ul style="list-style-type: none"> <li>○ Entitlement to vaccination</li> <li>○ How to get the vaccine</li> <li>○ GP registration and data sharing</li> </ul> </li> </ul>	
28.	<b>ENTITLEMENT TO COVID-19 VACCINE</b> <ul style="list-style-type: none"> <li>• <b>All</b> adults and young people aged 12 years and over in the UK can get vaccinated (correct as of 13 September 2021)</li> <li>• To access the vaccine, you do not need <ul style="list-style-type: none"> <li>○ An NHS number</li> <li>○ A home address</li> <li>○ To be registered with a GP</li> </ul> </li> </ul>	Joint Committee on Vaccination and Immunisation (JCVI) <a href="https://www.gov.uk/government/news/jcvi-advises-on-covid-19-vaccine-for-people-aged-under-40">https://www.gov.uk/government/news/jcvi-advises-on-covid-19-vaccine-for-people-aged-under-40</a>  NHS <a href="https://www.nhs.uk/conditions/coronavirus-">https://www.nhs.uk/conditions/coronavirus-</a>

	<ul style="list-style-type: none"> <li>● Children age 16-17yr will be invited via the NHS</li> <li>● Children age 12-15yrs will be informed via their schools</li> <li>● Adults aged over 50 years of age; people over 16 years of age with a health condition that puts them at high risk from COVID-19; frontline health; social care workers and all above the age of 40 are entitled to a COVID-19 booster vaccine 6 months after they completed their initial COVID-19 vaccination course. It is likely that the roll-out of the booster doses will include the rest of the population eligible for COVID19 vaccination.</li> </ul>	<a href="https://www.nhs.uk/covid-19/coronavirus-vaccination/who-can-get-the-vaccine/">covid-19/coronavirus-vaccination/who-can-get-the-vaccine/</a>
<p>29.</p>	<p><b>ENTITLEMENT TO COVID-19 VACCINE</b></p> <ul style="list-style-type: none"> <li>● <b>Everyone</b> in England can register with a GP surgery <ul style="list-style-type: none"> <li>○ It's free to register</li> <li>○ You do not need proof of address or immigration status, ID or an NHS number</li> </ul> </li> <li>● You will <b>not</b> be charged for: <ul style="list-style-type: none"> <li>○ Testing for COVID-19 (even if the test shows you do not have COVID-19)</li> <li>○ Treatment for COVID-19</li> <li>○ Vaccination against COVID-19</li> <li>○ NO immigration checks are needed for the</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● GP registration is the first and, in some ways, the most important barrier some people face when trying to access the vaccine.</li> <li>● Proof of address or immigration status or ID ARE NOT required to register with a GP but some people are unfortunately still wrongly denied GP registration when they are unable to provide those documents.</li> <li>● You <b>can</b> still access the vaccine without being registered with a GP but we</li> </ul>



	<p>above</p>	<p>recommend GP registration as this is also very important for your other health needs</p>
<p>30.</p>	<p><b>GP REGISTRATION</b></p> <p>Everyone in the UK is entitled to register with a GP and you should not be refused registration if you can't provide documents such as proof of address, immigration or identity documents.</p> <p>Some GPs may ask you to provide:</p> <ul style="list-style-type: none"> <li>● proof of address – <i>a tenancy agreement or a bill with your name on it</i></li> <li>● proof of identity - <i>a passport</i></li> <li>● proof of immigration status – <i>a visa or proof of asylum claim</i></li> <li>● An NHS number</li> </ul> <p>You can say that you don't have the requested documents but that you <b>do live within the practice boundary</b> and would like to register with the GP as a patient.</p> <p>If it is your first time registering with an NHS GP, you should say that you don't have an NHS number yet.</p>	<p>NHS England have produced GP Access cards with the aim of helping patients advocating for their right to be registered to one of their local GP surgeries.</p> <p>GP ACCESS CARDS:  <a href="https://www.doctorsoftheworld.org.uk/gp-access-cards/">https://www.doctorsoftheworld.org.uk/gp-access-cards/</a></p> <p>NHS:  <a href="https://www.england.nhs.uk/blog/everyone-is-welcome-in-general-practice/">https://www.england.nhs.uk/blog/everyone-is-welcome-in-general-practice/</a></p> <p>DOTW CONTACT:  <a href="https://www.doctorsoftheworld.org.uk/contact-us/">https://www.doctorsoftheworld.org.uk/contact-us/</a></p>

	<p>If you are still refused GP registration, then you can call the <b>freephone Doctors of the World advice line (10AM - 12 MIDDAY)</b> and someone can help you to register with a GP. Interpreting services are available for those who need it</p>	
31.	<p><b>YOUR DATA WILL NOT BE SHARED</b></p>	<p>DOTW:</p> <p><i>How to register with a GP and book a vaccine (available in multiple languages)</i></p> <p><a href="https://www.doctorsoftheworld.org.uk/translate/d-health-information/?_gr=how-to-register-with-a-gp-and-book-a-vaccine">https://www.doctorsoftheworld.org.uk/translate/d-health-information/?_gr=how-to-register-with-a-gp-and-book-a-vaccine</a></p>
32.	<p><b>HOW TO GET THE VACCINE (FOR ADULTS)</b></p> <ol style="list-style-type: none"> <li>1. Register with a GP, and/or</li> <li>2. Book an appointment for the vaccine online or by calling 119 (free of charge), or</li> <li>3. Go to a vaccination walk-in centre or pop-up clinic</li> </ol>	<p>NHS:</p> <p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/">https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/</a></p> <p>FIND A WALK IN:</p> <p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/find-a-walk-in-coronavirus-covid-19-vaccination-site/">https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/find-a-walk-in-coronavirus-covid-19-vaccination-site/</a></p>

		<p>At a local level there will be delivery models taking flexible approach and delivering vaccine without NHS number, documenting themselves</p> <p>There may be issues around continuity of care/being contacted for second doses</p> <p>GP registration is recommended</p>
33.	<b>Questions about access to the vaccine?</b>	Opportunity to answer pre-submitted questions from the audience
34.	<ul style="list-style-type: none"> <li>● <b>Section 4: WHAT NEXT</b></li> </ul> <p>Covers:</p> <ul style="list-style-type: none"> <li>○ What we may expect next</li> <li>○ What you can do to help</li> </ul>	
35.	<ul style="list-style-type: none"> <li>● The entire world is affected</li> <li>● Every country has different problems and different rules. (This may be a reason you are getting different information from people from other countries)</li> <li>● We will see more variants</li> <li>● Possibly we will need repeated booster vaccinations</li> <li>● Possibly younger children will become eligible for</li> </ul>	<p>DOTW:  <a href="http://www.doctorsoftheworld.org.uk/translated-health-information">www.doctorsoftheworld.org.uk/translated-health-information</a></p> <p>NHS:</p>

	<p>COVID-19 vaccination</p> <p><b>KEEP UPDATED</b></p>	<p><a href="http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination">www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination</a></p> <p>GOV.UK <a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a></p>
36.	<p><b>CAN I HELP? Yes!</b></p> <ul style="list-style-type: none"> <li>• You can help increase confidence in your community</li> <li>• Use information from reliable sources, or signpost people with questions to the right sources</li> <li>• Share your experiences - people want to hear from people they trust</li> <li>• There is a lot of information available and a lot of data is available to the general public.</li> <li>• The NHS and the Government websites are good sources of information</li> </ul>	<p>RED CROSS VACCINE VOICES: <a href="https://www.redcross.org.uk/get-help/coronavirus/coronavirus-vaccine/vaccine-voices">https://www.redcross.org.uk/get-help/coronavirus/coronavirus-vaccine/vaccine-voices</a></p>
37.	<p><b>QUESTIONS AND ANSWERS</b></p>	<p>Please use our FAQs to answer any questions. You can also find further information by accessing the other elements of the toolkit <a href="https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/vaccine-confidence-toolkit/">https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/vaccine-confidence-toolkit/</a></p>
38.		<p>Please use our FAQs to answer any questions.</p>

	<b>FAQs</b>	You can also find further information by accessing the other elements of the toolkit <a href="https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/vaccine-confidence-toolkit/">https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/vaccine-confidence-toolkit/</a>
<b>39.</b>	Introduction to FAQs  Please select the videos on our website you would like to use	<a href="https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/vaccine-confidence-toolkit/">https://www.doctorsoftheworld.org.uk/what-we-stand-for/supporting-medics/vaccine-confidence-toolkit/</a>
<b>40.</b>	FAQ: Do I need a COVID19 vaccination?	
<b>41.</b>	FAQ: If I have had COVID19 do I still need the vaccine?	
<b>42.</b>	FAQ: What are variants and 'variants of concern'?	
<b>43.</b>	FAQ:	
<b>44.</b>	FAQ: If I have had one dose of the vaccine do I still need a second dose?	
<b>45.</b>	FAQ: Can I catch COVID-19 from the vaccine?	
<b>46.</b>	FAQ: Can I still get COVID-19 if I have had the vaccine?	

<b>47.</b>	Further FAQ videos: Booster vaccinations; Does COVID19 vaccination affect fertility?; Is the COVID19 vaccination safe in pregnancy?; Can women breastfeed their child after receiving the COVID19 vaccination?	