



Mae Brechu yn achub bywydau
Vaccination saves lives



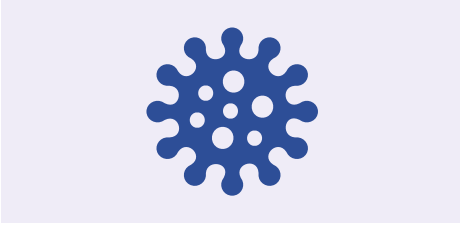
COVID-19 vaccination

For children and young
people aged 12 to 15 years

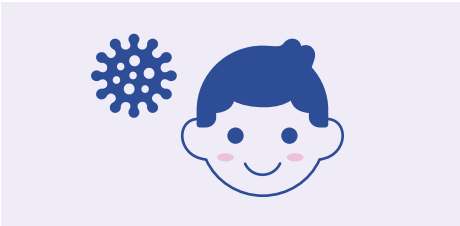
Simple text | Version 2 | October 2021



What is COVID-19 or coronavirus?



COVID-19 is an illness sometimes called coronavirus.



Most children who get COVID-19 have no symptoms. Those that do, have mild symptoms like a bad cold.



A few children and young people will get very poorly and have to go to hospital.

Who should have the COVID-19 vaccines?



All children and young people in Wales who are aged 12 to 15 years of age are being offered the COVID-19 vaccination.

It is really important for the small number of children and young people who are likely to get poorly with COVID-19.

They include those with:



Severe neurodisabilities.



Immunosuppression – those whose immune systems don't work as well. Also those who live with someone who is immunosuppressed.



Profound and multiple or severe learning disabilities.

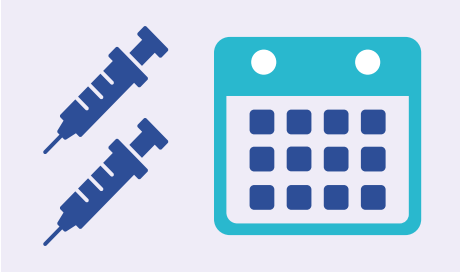
Being on the learning disability register.

Those living with Down's syndrome.



A link to the full list of conditions is available at the **Where can I get more information?** section on page 16 of this leaflet.

About the vaccine



You will be told how many doses of the vaccine you will need to protect you.



The vaccine has been tested to make sure it is as safe as possible.

Knowing if you should get a vaccine



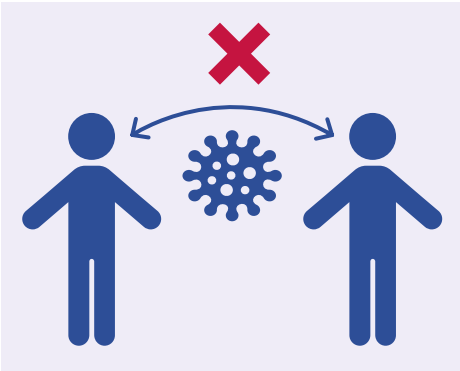
You will be contacted when you are due your vaccination.

If you live with someone who is immunosuppressed you will need to make a self-referral here gov.wales/covid-19-vaccinations-household-contacts-immunosuppressed-people

Can you give COVID-19 to anyone after you have had the vaccine?



Having the vaccine makes you less likely to get very ill from COVID-19.



It will help to stop you from catching and passing on the virus.

Can COVID-19 vaccines be given at the same time as other vaccines?



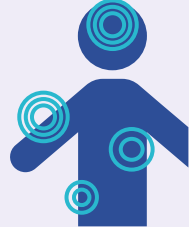
Yes, COVID-19 vaccines can be given at the same time as most other vaccines.

Common side effects

A heavy feeling or soreness where you had the injection



Feeling achy or like you've got the flu



Feeling tired

ZZZ



Having a headache



If you feel feverish (like you're very hot or very cold) you should:

Rest



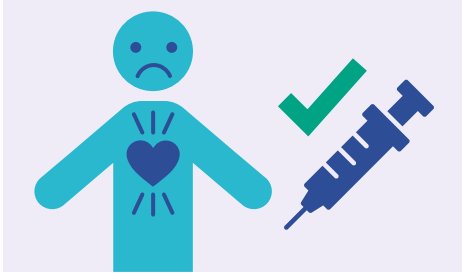
Take the correct dose of paracetamol for your age



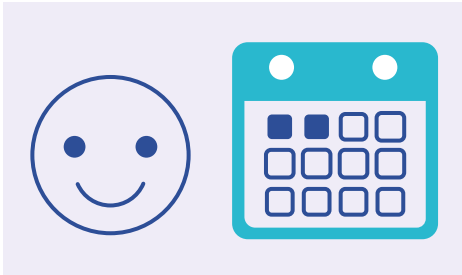
You should feel better in less than a week



Rare but serious side effects



Worldwide, there have been recent, rare cases of inflammation of the heart reported after COVID-19 vaccines.



These cases have been seen within a few days of vaccination.

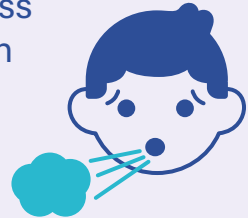
Most people felt better after a few days of simple treatment.

You should seek medical advice urgently if you experience:

Chest pain



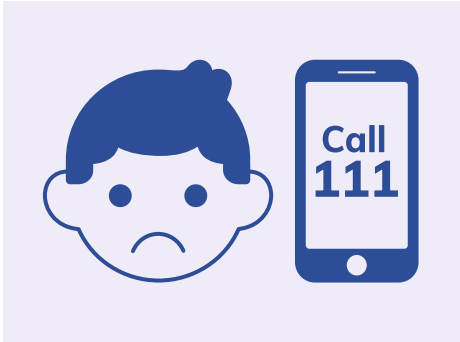
Shortness of breath



Feelings of having a fast-beating, fluttering, or pounding heart



Rare but serious side effects (continued)



If you feel very poorly after your COVID-19 vaccine and you are concerned, look at: **111.wales.nhs.uk** online, and if necessary call NHS 111 Wales on **111** or your GP surgery.

Make sure you tell them about the vaccine, or show them your vaccine record card.



If you think you have a serious side effect from the vaccine you can report them using the yellow card scheme.

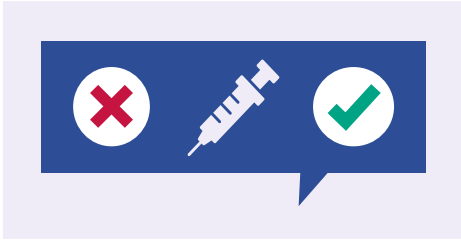
The Coronavirus Yellow Card system is a website where you can report any side effects from the vaccine.

You may need help from your parent or carer to use this website: **coronavirus-yellowcard. mhra.gov.uk**

What do I need to do?



You will receive information about when and where to get vaccinated.



Talk to your parent or carer about what is good and bad about the vaccination and decide what is best for you.



On the day of the appointment, wear loose clothing so it's easy to get to the top of your arm.

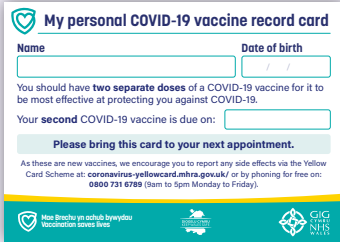


Before you have the vaccination don't be afraid to ask any questions you might have.



If you have a fear of needles or feel anxious, let the person giving your vaccine know. They will be understanding and support you.

What do I need to do next?



After you have had the first injection you may be given a second injection sometime later. Your vaccine record card will show when you had your first dose.



You will be told about the right timing for your second injection to help give the best and longest lasting protection for you.



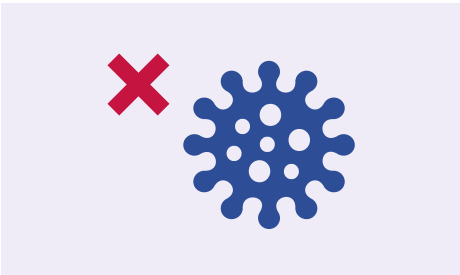
Keep your vaccine card safe.

How long does the vaccine take to work?



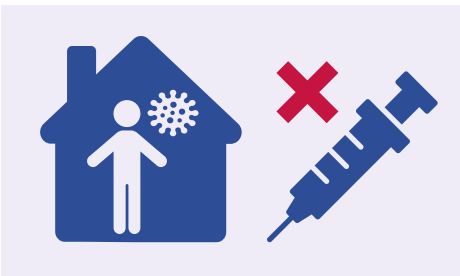
It can take a few weeks for the vaccine to protect you.

Does the vaccine work for everyone?



The vaccine doesn't completely stop everyone getting COVID-19, but if you do, it should still stop you being very poorly.

What to do if you are not well when it is your next appointment



If you have tested positive for COVID-19 infection in the last 28 days, or are not feeling well you will need to wait a bit longer to have your vaccine.



After the vaccine, you should still:

Wear a face mask in crowded indoor spaces



Meet outdoors or if indoors, let fresh air in



Wash your hands carefully and often



Follow the current guidance on gov.wales/coronavirus



Signs of COVID-19



A new cough and you keep on coughing.



A high temperature.



Your smell or taste going away or changing.



If you have the symptoms above, stay at home and arrange to have a test.



Further information on symptoms is available on **111.wales.nhs.uk**



If you cannot use the 111 Wales website, phone NHS **111** Wales. If 111 is not available in your area call **0845 46 47**.

Where can I get more information?

You can find out more information about COVID-19 vaccines, including their contents and possible side effects at: **[111.wales.nhs.uk/coronavirus\(2019ncov\)](https://111.wales.nhs.uk/coronavirus(2019ncov))** and **coronavirus-yellowcard.mhra.gov.uk/productinformation**

If you have any questions or want more information look at: **111.wales.nhs.uk** online, talk to your doctor or nurse or call NHS **111** Wales. If 111 is not available in your area, call **0845 46 47**. Calls to 111 are free from landlines and mobiles. Calls to 0845 46 47 cost 2p per minute plus your telephone provider's usual access charge.

To find out how the NHS uses your information, visit: **111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights**

For more information on the list of conditions go to: **phw.nhs.wales/topics/immunisation-and-vaccines/covid-19-vaccination-information/eligibility-for-the-vaccine**.

For other formats of this leaflet visit:
phw.nhs.wales/covid-19-vaccination



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