

Ramadan, fasting and your vaccine

As the month of Ramadan starts in April 2021, we would like to wish our Muslim patients Ramadan Mubarak. We appreciate this month of fasting can be challenging due to low energy and hydration levels. If you are worried about potential mild side effects from the vaccine, our GPs will be happy to help you reschedule your first or second dose outside Ramadan. The Muslim Council of Britain advises that if you do choose to have your vaccine during Ramadan, it will not break your fast.

“ Azhar Iqbal, Treasurer of the York Muslim Association, says:

We are keen to support the efforts of the vaccine programme. This kind offer is welcomed by everyone who will be fasting during the holy month of Ramadan and much appreciated.

“ The NHS in our area is working incredibly hard to deliver the COVID-19 vaccination. I would like to thank everyone working to support the programme – from volunteers to vaccinators and many others – as well as the wider public for their continued support and understanding **”**



Dr Nigel Wells
Clinical Chair

Your COVID-19 vaccination

in the Vale of York



Your questions answered

The COVID-19 vaccination programme led nationally by NHS England is the biggest vaccination programme our country has ever seen. In the Vale of York, staff and volunteers at our GP-led local vaccination centres and the large site in York have made great progress protecting our communities.

All the vaccinations currently used by the NHS have been shown to reduce your chance of developing symptoms and getting seriously ill with COVID-19, from which more than 120,000 people have died in the past year.

Everyone in the top priority groups who has not yet had their jab is now eligible to book. This includes over-45s, those with underlying health conditions, people in care homes and front-line health and social care workers.

If you're in one of these groups and you haven't yet booked your first dose, now is the time. **It's quick and simple to book at nhs.uk/covid-vaccination or by phoning 119.** If you have an appointment booked for your second dose, or you're contacted about your second dose, it's really important to attend as planned to get maximum protection.



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Vale of York
Clinical Commissioning Group



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WHEN AND WHERE WILL I GET MY VACCINE?

Everyone in England will be offered a COVID-19 vaccine by the NHS. You will be invited by the NHS to an appointment when it is your turn.

This may be by text, telephone or letter. You could be invited to attend your own GP practice, another local GP centre or the large vaccination

site at Askham Bar. Some people have been vaccinated in care homes, hospitals and pharmacies.

All vaccination centres have been designed to keep you safe and reduce the risk of infection, including social distancing, hand-washing and sanitising equipment.

If you are waiting to hear about your vaccination, please try to avoid contacting your GP for updates and keep their lines free for those who need help with health concerns. We will get in touch when it is your turn for the vaccine. We will never ask you to pay for a vaccine.

WHAT HAPPENS WHEN I GET MY VACCINE?

If you have a booked appointment, it is important to attend and to arrive on time. You will be asked to wear a mask and sanitise your hands when you arrive at the centre. A marshal will take your details and you will receive the vaccine in the top of your arm. You may then be asked to wait in an observation area for 15 minutes.

You may experience some mild side

effects such as a sore arm, a headache, tiredness, aches or nausea. You may get a high temperature or feel hot or shivery one or two days after having your vaccination. Take painkillers if you need to. You cannot contract COVID-19 from the vaccine, but it is possible to catch the virus and pass it on once you have been vaccinated, so it is important to continue to follow national restrictions.

You will have increased protection from serious illness caused by the COVID-19 virus between two and three weeks after your first dose of the vaccination. It is important that you receive the second dose of the vaccine when you are invited, to ensure maximum protection.

WHICH VACCINE WILL I GET?

Three vaccines have now been approved in the UK: Pfizer-BioNTech, Oxford AstraZeneca and Moderna.

Each has undergone rigorous assessment by UK regulators to ensure they are safe and effective, and data continues to be reviewed and assessed.

All three vaccines are now being administered in the Vale of York. Your GP and vaccination site will assess the appropriateness for you of the available vaccine and you'll have a chance to chat about any concerns you may have. The approved vaccines do not contain any animal products or egg.

The vaccine administered at each appointment will be influenced by the national distribution pattern, the facilities at each vaccination site and the supply currently available. Your second dose will be the same vaccine as your first.

HOW DO I GET TO MY APPOINTMENT?

You should access your vaccination appointment in the same way you would access any other medical appointment, using existing services. If needed, there may be volunteer drivers available, charities are offering their support and patients who meet the criteria for patient transport for

medical appointments may also be able to use that service.

We strongly encourage everyone who can to attend a vaccination site when invited. We are working through the best ways to bring the vaccine to those who are unable to leave their home.

REMEMBER...

COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose or mouth after contact with contaminated surfaces.

About 1 in 3 people who have COVID-19 have no symptoms and could be spreading it without realising. Wash your hands regularly for 20 seconds, wear a face covering in indoor settings where you will come into contact with people you do not normally meet and stay 2 metres apart from people you do not live with where possible.

