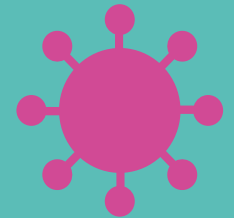


# GETTING YOUR COVID-19 VACCINATION IN BIRMINGHAM

July 2022



## WHAT'S INSIDE

- What are vaccines
- Information about COVID-19 vaccines
- Vaccination and pregnancy
- Vaccination and children
- Vaccination and religion
- How to book an appointment and what to expect at your appointment
- Side effects
- Tools for tackling misinformation



**A BOLDER HEALTHIER BIRMINGHAM**

## GETTING YOUR COVID-19 VACCINATION IN BIRMINGHAM



### MESSAGE FROM CLLR MARIAM KHAN

**Cabinet Member for Health and Social Care and  
Ward Member for Alum Rock**

Since the beginning of the Covid-19 pandemic, it became apparent that the best way out of the situation would be through the development of a vaccine to protect us against the effects of the virus.

The Covid-19 vaccine was developed in less than a year by world leading scientists and was made available to people from December 2020. Since then the Covid-19 vaccines have helped to protect each of us and our loved ones.

The people of Birmingham have played their part in reaching this point – from the research conducted in our universities, to the commitment of healthcare professionals and to the fantastic efforts by the public to control the virus.

To help us continue to stay well and in control of our lives, Public Health Birmingham has refreshed this Vaccination Toolkit. So if you are unsure about the process of getting the vaccine or are concerned as to the safety of doing so, the following vaccine toolkit will provide everything you will need to know. I hope that this will help you to continue to have conversations with your communities to help them make informed decisions about having the Covid-19 vaccine.

I urge you to read the following pages and share it as far as you can – helping to keep not only you, but your loved ones, your community and your city safe.



### MESSAGE DR JUSTIN VARNEY

**Director of Public Health, Birmingham City Council**

The COVID-19 vaccination programme is the biggest of its kind in the history of the NHS. To ensure its success and continue to safeguard the health of our residents, we need to continue to work together. Each of us has a role and a responsibility in ensuring we can rebuild a better future coming through the pandemic.

The vaccine is the most reliable way out of the pandemic. So, it is vital that we have access to the right information so that we can make the right decisions. Having worked on the response to the pandemic since the beginning, I know from experience that misinformation can spread just as quickly as the virus.

This toolkit aims to give you the key facts and information about the COVID-19 vaccine and helps to answer your questions in an easily accessible way. I hope that this helps you with continuing to have conversations with your communities and helps you to be better informed and confidence in the COVID-19 vaccine.

**The language used around vaccination can be quite complicated and technical. To help you read this document, here is a list of key words that might be useful to know while reading**

Useful terms to know when talking about vaccination

### ANTIBODY

- A protein found in the blood that is produced in response to bacteria or viruses that enter the body. Antibodies bind to the bacteria or virus and destroys them. This helps to protect the body from disease

### INFOEMIC

- When too much information including false or misleading information in the digital and physical environment during a disease outbreak causes confusion and risk-taking behaviours that can harm health

### INFECTIOUS

- Capable of spreading disease. Also known as Communicable

### IMMUNITY

- Protection against a disease. Immunity is determined by the presence of antibodies in the blood. A test in a lab will confirm this

### IMMUNE RESPONSE

- The defence system within the Immune system that fights bacteria and virus. The response involved the production of antibodies that fights bacteria that enters to body

### IMMUNE SYSTEM

- The system in our bodies that is responsible for fighting disease. One of its main functions is to identify bacteria and virus' and develops a defence against them

### IMMUNOSUPPRESSED

- When the immune system is unable to protect the body from disease. This condition may be caused by a disease or by certain drugs

### MHRA

- An abbreviation of Medicines and Healthcare products Regulatory Agency – an agency of the Department of Health and Social Care responsible for protection and improving public health primarily through making sure medicines, medical devices meet the safety and quality standards

### MISINFORMATION

- False or inaccurate information, especially that which is deliberately intended to deceive

### PANDEMIC

- The occurrence of a disease that is worldwide

### PATHOGEN

- Organisms like bacteria, viruses and parasites that cause disease in humans

### RANDOMISED CONTROL TRIALS

- A study in which a number of similar people are randomly assigned to 2 (or more) groups to test a specific drug treatment or other intervention

## GETTING YOUR COVID-19 VACCINATION IN BIRMINGHAM

### SECTION 1: WHAT ARE VACCINES AND WHY ARE THEY SAFE?

When a person is exposed to an infection for the very first time, the immune system gets activated to produce antibodies to fight the infection. The immune system is the body's natural defence which sends special cells to destroy an infection. However, the natural immunity may not be strong enough to prevent a disease from seriously harming someone or killing them.

Vaccines continue to be a safe, simple, and an effective way of protecting against severe diseases. Vaccines train the immune system to create antibodies, just as it does when it's exposed to an infection. However, because vaccines contain only killed or weakened forms of germs like viruses or bacteria, they do not cause the disease or put you at risk of its complications.

All vaccines used in the UK have been approved by the independent Medicines and Healthcare products Regulatory Agency (MHRA). The MHRA makes sure the vaccines meet strict international standards for safety, quality and effectiveness. Once a vaccine is approved, it is closely monitored to make sure it is safe and effective.

AGE DUE	VACCINE GIVEN
8 weeks old	6-in-1 vaccine (Diphtheria, Hepatitis B, Hemophilus influenza type B (Hib), Polio, Tetanus, Whooping Cough (pertussis)); Rotavirus; Meningococcal B (MenB)
12 weeks old	6-in-1 vaccine 2nd dose (Diphtheria, Hepatitis B, Hemophilus influenza type B (Hib), Polio, Tetanus, Whooping Cough (pertussis)); Pneumococcal (PCV) vaccine; Rotavirus (2nd dose)

AGE DUE	VACCINE GIVEN
16 weeks old	6-in-1 vaccine 3rd dose (Diphtheria, Hepatitis B, Hemophilus influenza; type B (Hib), Polio, Tetanus, Whooping Cough (pertussis)); Meningococcal B (MenB) 2nd dose
1 year old	Hemophilus influenza type B/MenC 1st dose; Measles, Mumps, Rubella (MMR) 1st dose; Pneumococcal (PCV) vaccine 2nd dose; Meningococcal B (MenB) 3rd dose
Eligible paediatric age groups	Live attenuated influenza vaccine (Flu vaccine)
3 years and 4 months	Measles, Mumps, Rubella (MMR) 2nd dose; 4-in-1 pre-school booster (Diphtheria, Tetanus, Whooping Cough, Polio)
12 to 13 years	Human Papilloma Virus (HPV) (two doses 6-24 months apart)
14 years old	3-in-1 teenage booster (Tetanus, Diphtheria, Polio); MenACWY
50 years (and every year after)	Flu vaccine
65 years old	Pneumococcal polysaccharide vaccine (PPV)
70 to 79 years old	Shingles' vaccine
All priority age groups	COVID-19: Age 5 and over eligible for 1st and 2nd dose; Age 12 and over eligible for 1st, 2nd and booster dose; Age 75 and over eligible for 4th dose

## COVID-19 VACCINES

Coronaviruses are a large family of viruses that cause respiratory infections. These can range from the common cold to more serious diseases. COVID-19 is caused by a new form of coronavirus known as SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2) which was first reported in December 2019.

COVID-19 vaccine provides immunity against the virus that causes Covid19 through the production of antibodies which helps to clear the infection thereby reducing serious illness, hospitalization and death.

The COVID-19 vaccines are safe and have been tested in large, randomised controlled trials that include people of a broad age range, all sexes, different ethnicities, and those with known medical conditions. The vaccines have shown a high level of effectiveness across all populations and have been found to be safe and effective in people with various underlying medical conditions that are associated with increased risk of severe disease. These include high blood pressure; diabetes; asthma; pulmonary, liver or kidney disease; and chronic infections that are stable and controlled.

***“As a Birmingham GP I feel it is part of my job to advice the community on the importance of taking up the Covid19 Vaccine. We are here to listen to you and answer your questions. We are here to provide support and guidance. If you get the invite and you are still not sure, please speak to your GP.”***

**Dr Sonia Ashraf, Governing Body Central Locality Lead GP**

BRAND OF VACCINE	TYPE OF VACCINE	WHO IS AUTHORISED TO HAVE USE THIS VACCINE?	NUMBER OF DOSES NEEDED?
Cominarty (Pfizer BioNTech)	mRNA platform	5 – 11-year-old (10 micrograms per dose)	2 doses: 0.2mL injections
Spikevax (Moderna)	mRNA platform	Age 6 upwards	2 doses: 0.25mL injections

**Table 2: COVID-19 Vaccines Authorised for Children Aged 5-11 Years Old**

BRAND OF VACCINE	TYPE OF VACCINE	WHO IS AUTHORISED TO HAVE USE THIS VACCINE?	NUMBER OF DOSES NEEDED?
Cominarty (Pfizer BioNTech)	mRNA platform	Adults and adolescents over the age of 12 (30 micrograms per dose)	2 doses: 0.3mL injections
Vaxzevria (AstraZeneca)	Viral vector	Adults aged 18 upwards	2 doses: 0.5mL injections
Spikevax (Moderna)	mRNA platform	Age 6 upwards	2 doses: 0.25mL injections

**Table 3: COVID-19 Vaccines Authorised for Individuals Aged 12 and Over**

## WHAT ARE THE BENEFITS OF COVID-19 VACCINES?

Anyone who gets COVID-19 can become seriously ill or have long-term effects (Long COVID). The COVID-19 vaccines are the best way to protect yourself and others.

Research has shown the COVID-19 vaccines help :

- Reduce the risk of getting seriously ill or dying from COVID-19
- Reduce the risk of catching or spreading COVID-19
- Protect against COVID-19 variants

The 1st dose gives some protection from three or four weeks, but booster doses are needed for a stronger and longer lasting protection.



## GETTING YOUR COVID-19 VACCINATION IN BIRMINGHAM

### IS THE VACCINE COMPATIBLE WITH MY FAITH OR RELIGION?

Yes, COVID-19 vaccines are for everyone. They don't contain any animal product and are supported by different populations all over the world, including:

- The British Islamic Medical Association has considered all varieties of the vaccine and recommends that Muslims have the vaccine. The Muslim Council of Britain is also recommending the vaccine, and Imams across the UK have confirmed that all the varieties of the vaccine are halal.
- The British Sikh community has also supported the vaccine, as have Hindu leaders.
- The Church of England says that all clinically recommended vaccinations can be used with a clear conscience.
- The Catholic Church has said that the vaccine, including the Oxford/AstraZeneca vaccine, is acceptable and can be morally justified.
- More than 80 Jewish doctors in the UK have signed a letter to confirm that the Pfizer vaccine does not contain any ingredients that are not kosher. The Pfizer, Oxford and Moderna vaccines have all been purchased by the Israeli government. Orthodox Jewish groups including the Orthodox Union and the Rabbinical Council of America have also encouraged their community members to get vaccinated.

***“Sadly, many of us may know someone who passed away in the past year because of COVID-19. The virus has devastated households and in particular our less well-off neighbourhoods. Despite places of worship facing huge opening restrictions, our city’s faith communities have been at the frontline of helping those most in need throughout the past year. Today, these same leaders are urging everybody to take the COVID-19 vaccine when called to do so, as they remind us how the vaccine complies with our religious beliefs.”***

**Saidul Haque - Lead Organiser, Citizens UK Birmingham:**

### DOES THE COVID-19 CAUSE ANY COMPLICATIONS FOR FERTILITY, PREGNANCY AND WHILE BREASTFEEDING?

No, the COVID-19 vaccine is safe and will not cause any complications. If you are pregnant, you will be offered a Pfizer or Moderna vaccination as these have been more widely used during pregnancy in other countries and no safety concerns have been identified .

The vaccination can be taken at any time during your pregnancy. Some people prefer to wait until after their 12-week scan before having their first vaccination. If you prefer to wait until after your 12-week scan, then you will still have time to have your second vaccination by your third trimester.

You can talk about any aspects of the COVID-19 vaccination with your GP or your maternity team who will be happy to advise

### SECTION 2: VACCINATION FOR CHILDREN

The independent Medicines and Healthcare products Regulatory Agency (MHRA) has confirmed the Pfizer/BioNTech vaccine is very effective for children to give them the best protection against COVID-19.

Children ages 5 to 11 will be offered a smaller dose of the vaccine compared to older children and adults.

### WHAT ARE THE BENEFITS OF VACCINATING CHILDREN?

While COVID-19 is not usually a serious illness in children, it can make some children unwell. Typical symptoms include tiredness, fever and headache.

Vaccinating your child will reduce their risk of feeling very unwell from COVID-19 and will reduce the chance that they miss school from ill health. This will help them to reduce interruptions to their education and allow them to continue doing the things they love.



It is important to get your child vaccinated against COVID-19 if they have a health condition that puts them at higher risk of becoming seriously ill from COVID-19, or if they live with someone who is immunosuppressed (who is then at higher risk from COVID-19).

When children will be offered the COVID-19 vaccine

The COVID-19 vaccine gives good protection against your child getting seriously ill. But multiple doses give stronger and longer-lasting protection against future COVID-19 variants.

- Children can get a 1st dose of the vaccine from the day they turn 5.
- Most children aged 5-15 can get a 2nd dose from 12 weeks after they had their 1st dose.
- If your child has a condition that means they're at high risk from COVID-19 or they live with someone who has a weakened immune system, they can get a 2nd dose from 8 weeks after they had their 1st dose.
- If your child is aged 12 to 15 and at high risk from COVID-19, they can also get a booster dose of the COVID-19 vaccine if they had a 2nd dose at least 3 months ago.

### IF YOUR CHILD HAS COVID-19 OR SYMPTOMS OF COVID-19

- If your child has a confirmed COVID-19 infection, they need to wait 12 weeks before they can have a COVID-19 vaccine.
- If they are at high risk, or they live with someone who has a weakened immune system, they should wait 4 weeks. This starts from the date their symptoms started or the date of their positive test result, whichever was earlier. Speak to your GP about when they should have their vaccine

### WHAT ARE THE SIDE EFFECTS IN CHILDREN?

The COVID-19 vaccines approved for use in the UK have met strict standards of safety, quality and effectiveness.

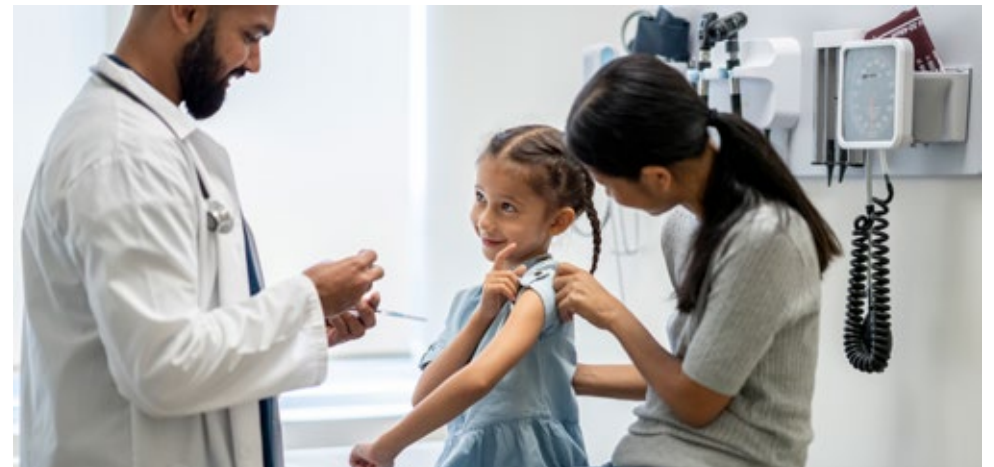
They can cause some side effects in children, but not everyone gets them.

Any side effects are usually mild and should only last 1 or 2 days, such as:

- Sore arm from the injection
- Feeling tired
- Headache
- Feeling achy
- Flu-like symptoms including shivering (chills)

More serious side effects, such as heart inflammation (myocarditis), are very rare.

### Find out more about COVID-19 vaccine side effects and safety for children



## GETTING YOUR COVID-19 VACCINATION IN BIRMINGHAM

### SECTION 3: HOW TO GET A VACCINE?

You have a choice of ways to get vaccinated:

- Find your nearest walk-in centre which can be attended without an appointment
- Book an appointment at your nearest vaccination walk-in centre or community pharmacy

You can do both by:

- Visiting the NHS Birmingham and Solihull Vaccination Online Service. People who live in West Birmingham can find a list out of available walk-in sessions on the Black Country and West Birmingham CCG website
- If you cannot get online, you can call 119 free of charge and it can offer support in over 200 languages. You can ask someone else to do this for you if you prefer.
- You can also book through the NHS website

If you have difficulties communicating or hearing, or are a British Sign Language (BSL) user you can go online, use textphone 18001 119 or the NHS BSL interpreter service.

If you are housebound or are not able to travel to a vaccination centre, call 119 or contact your GP. You can also call a free cab/taxi service which will drive you to a vaccination site

When booking, you will be asked for information including your:

- Name
- Date of birth
- NHS number – this is a 10 digit number you can find on any letter the NHS has sent you, for example, 485 777 3546 - if you do not know your NHS number you can still book

### HOW CHILDREN CAN GET THE COVID-19 VACCINE

Parents and legal guardians will get information offering them the chance to make an appointment for their child to be vaccinated by the NHS.

Children aged 5 to 15 can:

- Book their vaccination appointments online for an appointment at a vaccination centre or community pharmacy
- Find a walk-in vaccination centre that serves this age group where they can get vaccinated without needing an appointment
- Wait to be contacted by a local NHS service such as their GP surgery to arrange their appointments

Please be aware that only a parent or legal guardian can take their child for a COVID-19 vaccination.

### CAN I GET THE COVID-19 VACCINE IF I AM NOT REGISTERED WITH A GP?

- The COVID-19 vaccination is available. It is your right to be protected from infectious diseases.
- The COVID-19 vaccine is free to everyone in the UK. This includes all migrants.
- Details will not be shared for immigration purposes.
- You can receive a vaccine regardless of your immigration or citizenship status.
- You do not need to have a GP or an NHS number to get the COVID-19 vaccine.
- If you don't have an NHS number you can contact your local GP surgery to organise the vaccine or attend a COVID-19 vaccination walk-in centre or pop-up centre.
- If you have an NHS number, when you are invited for your vaccine, we encourage you to attend.



### HOW MANY VACCINE DOSES DO I NEED AND WHEN?

AstraZeneca, Moderna and Pfizer vaccines are all designed to work across two doses. Having two doses leads to a stronger, better immune response from your body and a longer-lasting protection. It is important that everyone gets at least two doses.

### WHEN YOU CAN BOOK A 2ND DOSE?

You should be able to book a 2nd dose on the day after your 1st dose. If you or your child are:

- 18 years old or over - you'll be offered 2nd dose appointments from 8 weeks (56 days) after your 1st dose
- Under 18 years old - you'll be offered 2nd dose appointments from 12 weeks (84 days) after your 1st dose.

If you or your child are under 18 years old and at high risk from COVID-19, you're eligible for a 2nd dose from 8 weeks after your 1st dose.

To get your 2nd dose from 8 weeks, please either:

- Contact your GP surgery
- Go to a walk-in site with a letter from a GP that says you're eligible for a 2nd dose from 8 weeks after your 1st dose

***"I've been working with the LGBT community throughout the pandemic and know how worried and isolated people have been feeling. I had my first dose of the vaccine in January. It was quick and painless and has made me feel so much more confident that life can return to normal soon. I would encourage everyone to have the vaccine when they are able to do so. Until then, stay safe and support each other."***

**Chris Dunbar - Sexual Health Promotion Worker, Birmingham LGBT**

### WHEN YOU CAN BOOK YOUR BOOSTER DOSE?

Booster doses are available for those who are:

- Ages 16 and over
- Ages 12 to 15 with a condition that means they are at high risk from COVID-19

You'll be able to book a booster dose when it's been 2 months (61 days) since your 2nd dose. The appointment dates you'll be offered will start from 3 months (91 days) after your 2nd dose.

### ADDITIONAL PRIMARY DOSES FOR PEOPLE WITH A SEVERELY WEAKENED IMMUNE SYSTEM

People who had a severely weakened immune system when they had their 1st or 2nd dose will be offered an extra primary dose (3rd dose) before their booster.

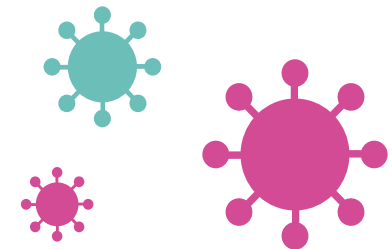
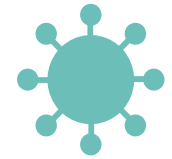
You'll be able to book an additional primary dose (3rd dose) when it's been 26 days since your 2nd dose.

### A SECOND BOOSTER

A second booster dose is available if you:

- Are aged 75 and over
- Live in a care home for older people
- Are aged 12 and over with a weakened immune system

You can have your spring booster if it's been at least three months since you had your 2nd dose, booster dose or additional primary dose (3rd dose) if you have a severely weakened immune system.



## GETTING YOUR COVID-19 VACCINATION IN BIRMINGHAM

However, it is recommended you have it as close as possible to six months after your last dose for maximum protection.

### RECENTLY TESTED POSITIVE FOR COVID-19

If you have recently tested positive for COVID-19 you should wait 28 days from your positive test before your next dose of vaccine can be given to you.

What happens if I don't get the second jab within 12 weeks?

It is recommended that you get a second dose within 12 weeks of having the first dose. Having it as soon as possible will give you better long-term protection against the virus. Depending on how long the delay is, and which vaccine you have, we don't necessarily have evidence to say whether the delay will affect the level of protection you have. Getting it as soon as you can is the best approach.

### HOW LONG DOES THE SECOND DOSE TAKE TO BECOME EFFECTIVE?

Generally the second dose of the COVID-19 vaccine, whether Pfizer/BioNTech, Oxford AstraZeneca, or Moderna, will be effective after two weeks. This can vary slightly from person to person, depending on your immune response.

### SHOULD I GET A SECOND DOSE IF I FEEL UNWELL?

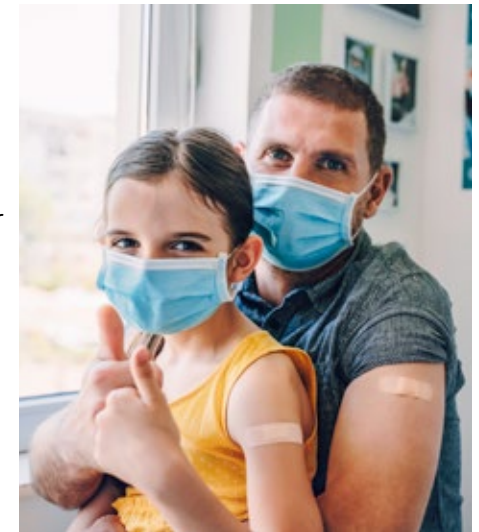
It is recommended that if you are able to postpone getting the vaccine until you are recovered that might be more considerate to the people you'll come in contact with when you get the vaccine.

## SECTION 4: WHAT CAN I EXPECT AT MY VACCINE APPOINTMENT?

### WHAT HAPPENS ON THE DAY

What you'll need on the day:

- It's handy to have your booking reference numbers if your appointment is at a vaccination centre. If you need a carer, they can attend with you on the day
  - Wear clothing that allows easy access to the top of your arm – as this is where the vaccine will be given.
1. Your appointment should last for around 30 to 45 minutes.
  2. You'll be asked some questions about your medical history.
  3. It's important to tell the staff giving you the vaccination if you have ever had a severe allergic reaction or you are pregnant.
  4. If your appointment is at a vaccination centre, you'll be asked for your booking reference numbers.
  5. You will then be given an injection of the vaccine into your upper arm.
  6. All places that offer COVID-19 vaccinations will help keep you safe from COVID-19. There will be regular cleaning and social distancing in waiting areas.



### AFTER THE VACCINATION

You may be asked to wait for 15 minutes after having the vaccination. This is in the unlikely event you have a serious reaction to the vaccine.

Research has found it's very rare to have a serious allergic reaction to the vaccine. If this does happen, it usually happens within minutes.

The team are trained to deal with reactions and treat them immediately.

You will also be given a leaflet about what to expect after your vaccination to take home with you.

This will include potential side effects. Side effects are usually mild and should only last 1 to 2 days such as:

- Sore arm from the injection
- Feeling tired
- Headaches
- Feeling achy
- Flu-like symptoms including shivering (chills)

You may also get a high temperature 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.



### FREQUENTLY ASKED VACCINE QUESTIONS:

#### **I have a fear of needles – what can I do to prepare for the appointment?**

Having a fear of needles (trypanophobia) is very common - it affects up to 1 in 10 people and is nothing to be ashamed of. Visit our information on managing your fear of needles.

#### **Can I get the vaccine if my blood pressure is high on the day?**

Having high blood pressure generally won't stop you getting the vaccine. If your blood pressure is very high on the day of the appointment, particularly if you feel unwell, ask your doctor or the vaccine centre for advice.

#### **Should I have the vaccine if my blood pressure is low on the day?**

Yes, you can still have the vaccine if your blood pressure is low. Let the person who is giving you the vaccine know if you feel faint or lightheaded.

#### **Can I drive after having the vaccine?**

You shouldn't drive for 15 minutes after getting the vaccine. This is just in case you feel unwell immediately after getting the vaccine.

#### **Can I drink alcohol after having the vaccine?**

Yes, if you want to, although we'd always recommend that you follow safe drinking limits. The vaccine is not affected by alcohol.

### SECTION 5: TACKLING MISINFORMATION: WHAT CAN YOU DO

Some people have concerns, questions and uncertainties around the vaccine. These may not be the same as the people who are not willing to take the vaccine. Both can stem from misinformation.

We all play a part in making sure that misinformation does not spread to others. This handy graphic on the right demonstrates this. If you would like more information, use the following resource:

- World Health Organisations booklet on misinformation.

### WHAT CAN YOU DO?

Not everyone will feel confident about getting the vaccine. Here are some tried and tested techniques to support your conversations about the importance of getting vaccinated.

- **Understand the barriers:** When speaking to people, try and work out if their objections to the vaccine are practical. If so, try and identify what the potential practical barrier might be and if required, refer them to the community support available locally.
- **Challenge misinformation:** If you hear misinformation, in a calm manner, constructively challenge this. Make sure you actively listen to their concerns and ask the individual to refer to reliable sources of information such as the NHS, GOV.UK or their GP.
- **Remind them about safety:** All the vaccines have gone through a rigorous development and testing process. All research has gone through forensic evaluation from an independent regulator to make sure of their safety.





## IN THE COMMUNITY

*"Healthcare workers, like myself, have been fighting against misinformation with equal determination as the virus itself. This pandemic has shown us it is dangerous, and it kills. The human cost will become more apparent as time goes on but, in the meantime, we can all play our part. Think before you forward that message or video, always verify the information you see and share. The best guidelines can be found on the council's webpages, the NHS website and official government pages."*

**Amina Ibrahim**

ODP | healthcare worker at St George's Hospital

*"Regrettably, many of us have lost someone in the family as a result of catching COVID-19. The grief of losing a family member well before their time is unbearable. We now have an option to prevent this, for you and by encouraging members of your family and community to take the vaccines when you are invited."*

*We all need to take a leap of faith and trust our scientists, ignore misinformation and let's support our community to ensure we all follow government COVID-19 guidelines. There is light at the end of a very long Tunnel. Stay safe."*

**Tarang Shelat**

Former chair Birmingham Council of Faiths



*"I am vulnerable and I have had my vaccine. I have played my part in this, now it is time for you to do yours. Please get the vaccine and save lives together."*

**Bradley**

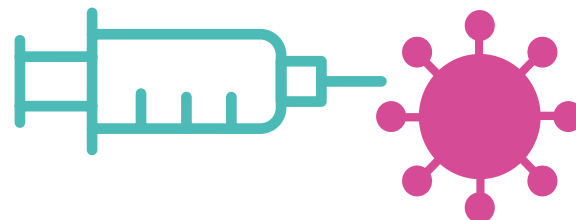
Youth Covid Champion

*"When all the closed doors all around us begin to open, the messages of hope and the resemblance of living a normal life can clearly be seen. Places of worship and people of faith have been extremely consistent in supporting the battle to protect lives and save the NHS. We extend sincere gratitude to all our front-line workers, scientist and those that have worked tirelessly behind the scenes."*

*The vaccine's bring clear hope for the future, but we must remain vigilant and compliant - for this too shall come to pass."*

**Rev Maxine Douglas**

West Midlands Faith in Action



## GETTING YOUR COVID-19 VACCINATION IN BIRMINGHAM

### LIST OF SOURCES

Product information about vaccinations (MHRA)

[Link to Product Information about vaccinations](#)

NHS Vaccinations and when to have them (NHS UK)

[Link to NHS Information on vaccinations](#)

Research on the effectiveness of the COVID-19 Vaccination on adults in England (The BMJ)

[Link to the BMJ Research](#)

A guide to COVID-19 vaccinations and pregnancy (Gov.UK)

[Link to Gov.UK Guide to COVID-19 vaccinations and pregnancy](#)

Coronavirus vaccination for children – (NHS UK)

[Link to NHS Information on Coronavirus Vaccination for Children](#)

### CONTACT US

You can contact us with any questions, comments and feedback via the following channels

Email: [publichealthcomms@birmingham.gov.uk](mailto:publichealthcomms@birmingham.gov.uk)

Website: <https://www.birmingham.gov.uk/>

[Birmingham City Council Vaccine Information](#)

### SOCIAL MEDIA

Follow us on social media to keep up with the latest news and updates.

- |   |   |                        |
|---|---|------------------------|
|  | @healthyBrum  | @BirminghamCityCouncil |
|  | @healthyBrum  | @BhamCityCouncil       |
|  | @BCCHealthyBrum   | @BhamCityCouncil       |
|  | HealthyBrum – Birmingham Public Health<br>Birmingham City Council |                        |

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