Text

Description automatically generated

**Community Protect**

**Vaccine Messages**

**Messages:**

Below you will find a variety of messages that can be used across your social media channels. Each one of these can be paired with a jpeg from the digital resources folder. All of the jpegs are clearly labelled. Feel free to adapt the messages to suit your audience and your choice of social media platform.

**Are the vaccines safe?**

Millions of people have been given the COVID-19 vaccine. Side effects are rare, and no long-term complications have been reported.

Short-term side effects might include:

* a sore arm where the needle went in
* feeling tired
* a headache
* feeling achy
* feeling sick

**Will the vaccine give me COVID-19?**

The vaccine cannot give you COVID-19.

**It normally takes years to develop a vaccine**

* Lots of government and private funding was invested very quickly.
* Researchers met more regularly and used the internet instead of travelling. They answered questions very quickly, and non-COVID-19 research was reduced.
* When testing was first announced, 250,000 people in the UK signed up straight away, along with hundreds of thousands more from around the world.

All these things made the process much quicker.

**Are results from vaccine trials accurate and reliable?**

* The Health Research Authority (HRA), who protect the public in health research, made sure that the research was, and still is, done properly.
* There were 650 COVID-19 studies, for which around 400,000 people in the UK were recruited. All the procedures necessary to ensure the vaccines are safe were followed.
* The vaccines met the strict safety standards of the Medicines and Healthcare products Regulatory Agency (MHRA), who make sure medicines are safe for use in the UK.

**I’m pregnant, can I still get the vaccine?**

Currently, there’s no evidence that COVID-19 vaccines are unsafe if you’re pregnant. But more evidence is needed. Check with your GP first.

**COVID-19 vaccine ingredients**

* Approved COVID-19 vaccines do not contain any animal products (beef, pork, gelatine or egg).
* They do contain a medicine called mRNA which helps our bodies to make the antibodies needed to protect us from COVID-19. mRNA cannot change or alter your DNA.

**COVID-19 vaccines and microchips**

It would be impossible to inject a microchip using the needle required to provide a COVID-19 vaccine. The microchip would be too large (at least 12mm x 2mm including casing) to be injected through a needle.

**Should I get vaccinated?**

Vaccination will help to protect you and your loved ones. The more people are vaccinated the better things will be. The NHS has a clear vaccine plan and will contact you when it’s your turn to get the vaccine. Those most at risk are being

vaccinated first.

**Keep Haringey safe**

While the vaccines are being rolled out, keep doing the right things to keep yourself and your loved ones safe.

**Hands**

Wash your hands as often as possible. If you can’t wash your hands use sanitiser.

**Face**

Wear a face mask or face covering. Making sure it covers your nose and mouth.

**Space**

Keep your distance from others.

It’s important to protect yourself, your community and your loved ones during the pandemic.

**Got symptoms? Get tested!**

If you have symptoms of coronavirus call 119.

If you or anyone else in your home tests positive for coronavirus, make sure you follow the self-isolation guidelines.