

## NHS Vaccine information

[Image: NHS Logo]

[Text: #COVIDVaccine]

Covid-19 has had a devastating impact on black, Asian and minority ethnic communities.

That's why it's so important that we get the vaccine when we are offered it.

The vaccine will protect our families, our friends and our communities and millions of people in the UK and across the world have already had the vaccine.

Getting vaccinated is the only way we can get back to doing all the things we love with our friends and family.

We want to make sure you have all the information you need to make a choice about the vaccine.

With a lot of false information around, that means knowing where to find the facts you can trust.

Is the Vaccine safe?

Yes. The Covid-19 vaccines have gone through the same thorough testing as all new medicines and have been approved as safe to use.

The vaccines were assessed by the Medicines and Healthcare products Regulatory Agency or MHRA who approve all of the medicines we use in the UK.

These vaccines were tested thoroughly for safety and effectiveness at every stage of the development and manufacturing process.

They are also continually being monitored now they are being used in the wider population.

This means we can be confident that the vaccines are safe and highly effective.

Has the vaccine been tested on people like me?

The vaccines have been tested on a wide range of people to make sure it's safe and effective for everyone.

Adults from a wide range of ages, ethnicities and health conditions were involved in the clinical trials for the vaccines.

The vaccines were proved to be effective and safe for all groups.

There is no evidence that a person's ethnicity affects how the vaccines work.

The only people advised not to take the vaccine are those who have had a serious allergic reaction to any of the vaccine ingredients.

The MHRA also advises that the vaccines are safe for pregnant women and those who are breastfeeding but that they should discuss it with a health care professional first.

How was the vaccine developed so quickly?

Hundreds of scientists, thousands of volunteers and billions of pounds of funding have meant that Covid-19 vaccines have been developed quickly and safely.

No shortcuts were taken.

Recruiting people for trials was easy as thousands of people were willing to volunteer worldwide.

During the trials the results were reviewed as they came in, rather than waiting until the end.

This meant the research could progress faster.

Scientific work that usually takes years, took just months.

What is in the vaccine and how does it work?

The COVID-19 vaccines work just like any other vaccine you may have had.

Vaccines train our immune system to make antibodies and cells to fight the infection.

The vaccine does not contain COVID-19 and cannot give you the virus.

The vaccines do not contain anything that has come from foetuses or animals.

The vaccine does contain a minimal amount of ethanol, but less than you would find in a banana or a slice of bread.

So, they are suitable for those who wish to avoid consuming animal products or alcohol because of religious, cultural or dietary reasons.

More and more religious leaders and organisations are encouraging people of faith to get the vaccine.

You can find the list of ingredients in the approved vaccines on the MHRA website.

[Text: [www.gov.uk/mhra](http://www.gov.uk/mhra)]

What are the long-term side effects?

Like all medicines, some people might have mild side-effects after the Covid-19 vaccine, but for most people, these don't last very long.

For example, your arm may be sore where you had your injection, which is expected and completely normal.

Some people may feel sick, tired or achy, or get a headache.

Long term side effects from vaccines are very rare.

What we do know is that the long-term side effects of Covid-19 can be deadly.

Having the vaccine can help to protect you, your family and your community from this virus.

For the facts on the #COVIDVaccine visit [www.nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)